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Summary

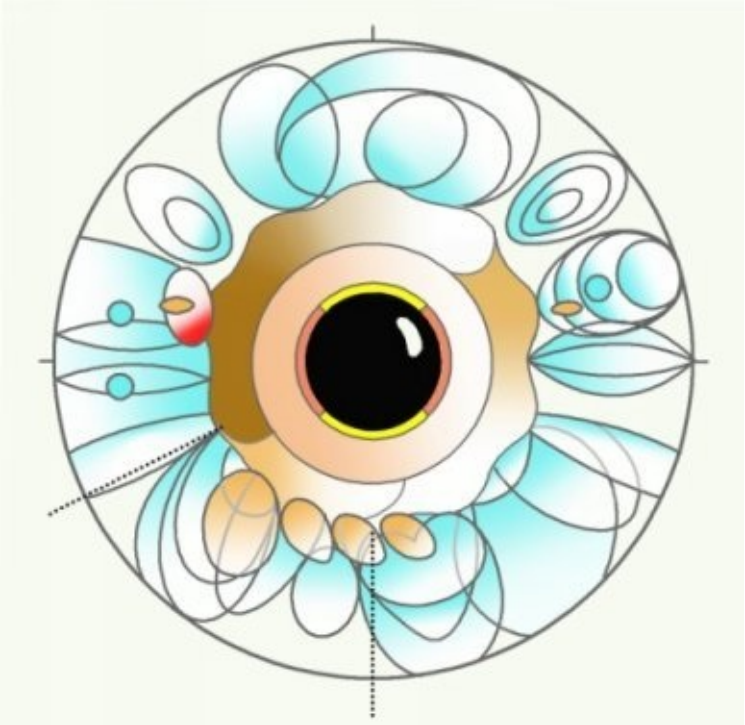
About the author

Francesco Puerari MD has worked in an Italian General Hospital's Anesthesia and Intensive Care Unit for 34 years. He has earned several postgraduate specializations (Anesthesia and Intensive Care, Dietetics and Nutrition, Medical Toxicology, Neurology) at the University of Pavia. All along his professional life, he has also attended complementary medicine resources (Iridology and

Homeopathy) thus enriching his medical approach.

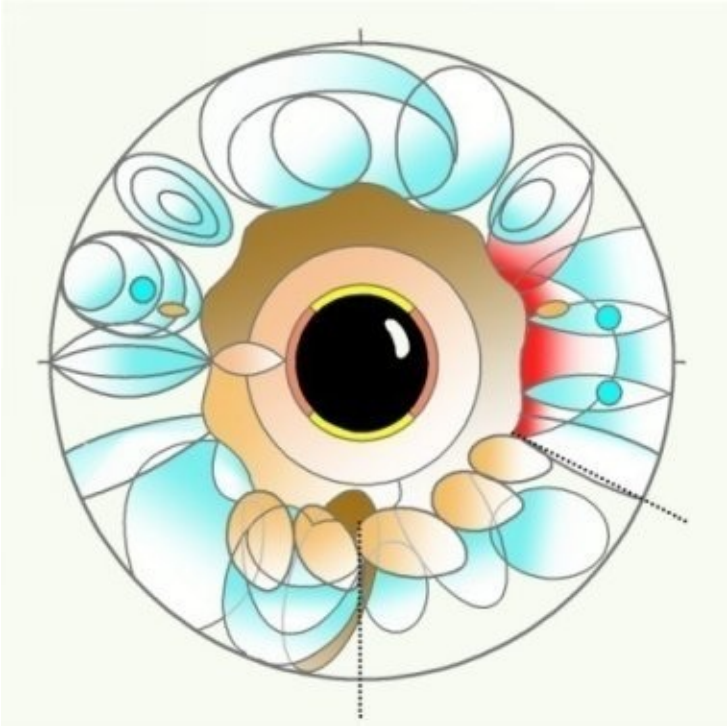
Work plan

This is the second of three textbooks on Iridology, a discipline focused on analyzing the information given by the colored part of the eye called iris. It will focus on a detailed description of the organs' projections in the iris (Maps).
The first textbook has described the morphological variants of the iris (Iris patterns).
The third textbook will be dedicated to the signs of unbalance collected in the iris (Markings).



Acknowledgements

I want to thank the masters of Iridology E. Ratti, F. Minisini, J. Karl, W. Hauser, R. Stolz, A. A. Sartorelli, L. Birello and the Italian Iridology Association (ASSIRI).



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www.irispatterns.it

The iris is easy to examine. No aggressive procedures are required but simple ophthalmic instruments.

Iridology a definition

Iridology studies the colored portion of the eye named iris.
The iris is a highly innervated organ that is stimulated both by the external environment and by the body.
The structure of the iris mirrors the individual constitution; illnesses, harmful habits and aging can alter it.
The iris analysis completes medical practice by supplying data on constitution, nervous response, damages caused by aging, illnesses and familiarity.
Iridology is a discipline that enriches traditional investigations. It collects signs. It does not provide diagnosis.

This book is an information source only. It does not provide advice for self-diagnosis or self-prescription and treatment.

MAPS OF THE IRIS

The connections and interactions between internal organs and body's surface are utilized in several fields of health care: Traditional Chinese Acupuncture, Reflexology, Kinesiology …
The Hungarian physician I.V. Peczely (1826-1911) realized that this approach could also be applied to the iris surface. In 1871 Peczely started to divulge his discoveries in conferences and publications. In 1880 he published his map of human internal organ projections in the iris ("Entdeckungen auf dem Gebiete der Natur und Heilkunde", Budapest, 1880). The first physician who recognized the scientific reliability of his discoveries was Emil Schlegel who published, in 1886, a re-elaboration of Peczely original map thus acknowledging his fundamental contributions ("Die Augendiagnose der Dr. Ignacz Von Peczely", Tubingen, 1886).
Peczely and Schlegel are considered as the founders of modern iridology. The version of their maps and diagrams provided in this e-book is a re-elaboration and translation of different sources which aims at respecting the original ones as much as possible.

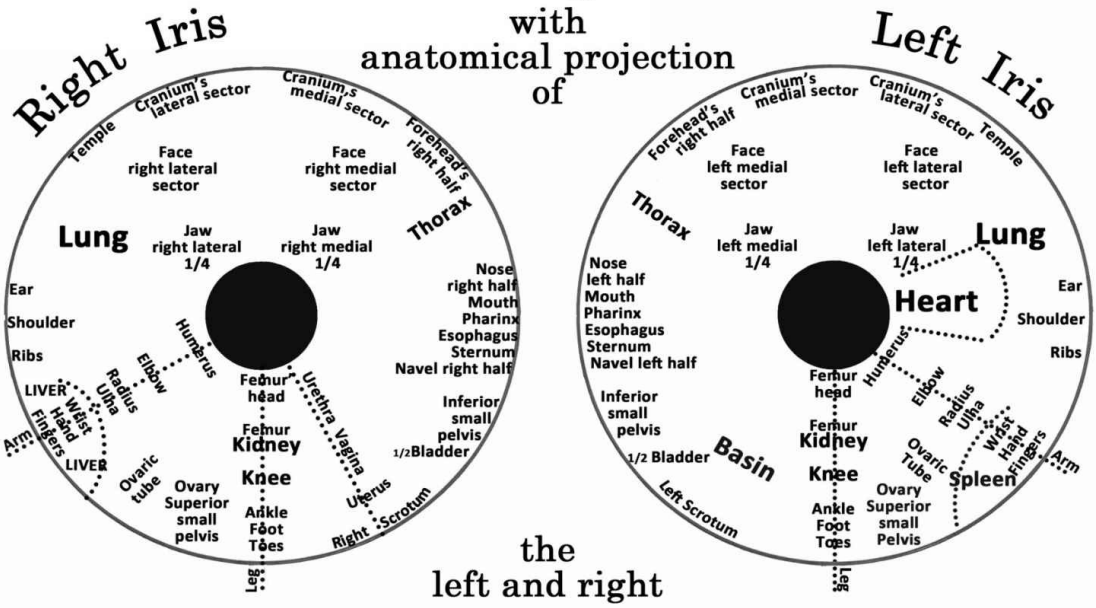
I. PECZEL Y 'S AND SHLEGEL MAPS

Peczely map shows the organ names in their corresponding projection areas. Schlegel's map numbers the organs projection points on the iris chart and provides their reading in an added table. Emil Schlegel also provided several iris diagrams resulting from his clinical findings. The maps suggested below and in the next pages are a translated compendium of Peczely and Schlegel's works, aimed at grasping the meaning of the two scholars' research.

PECKZELY MAP TRANSLATION

(F. PYERARI 2014)

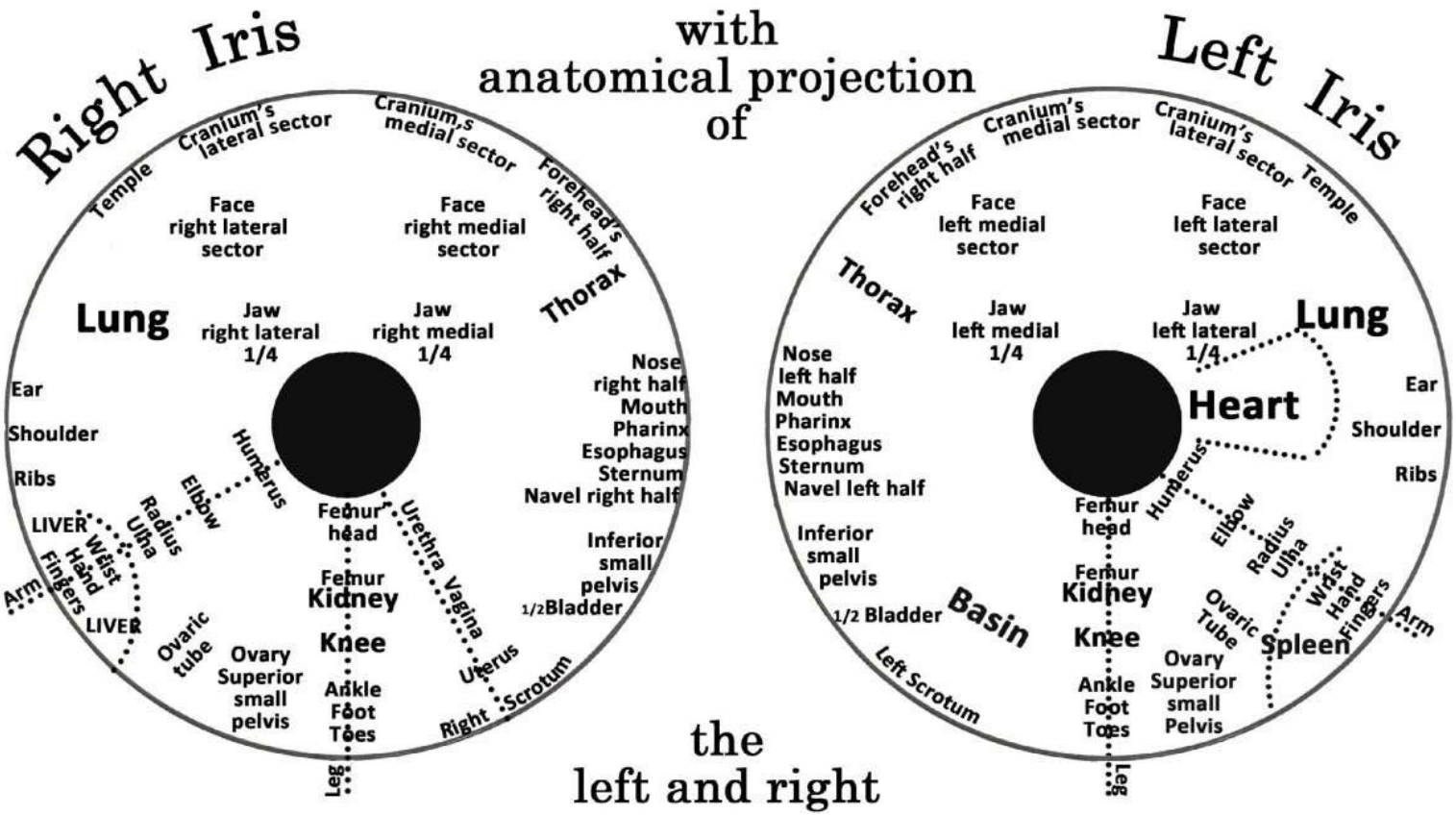
Iris enlargement
with
anatomical projection
of



the
left and right
Hemisomas

Ignacz Von Peczely's map overview and translation by F. Puerari (2014)

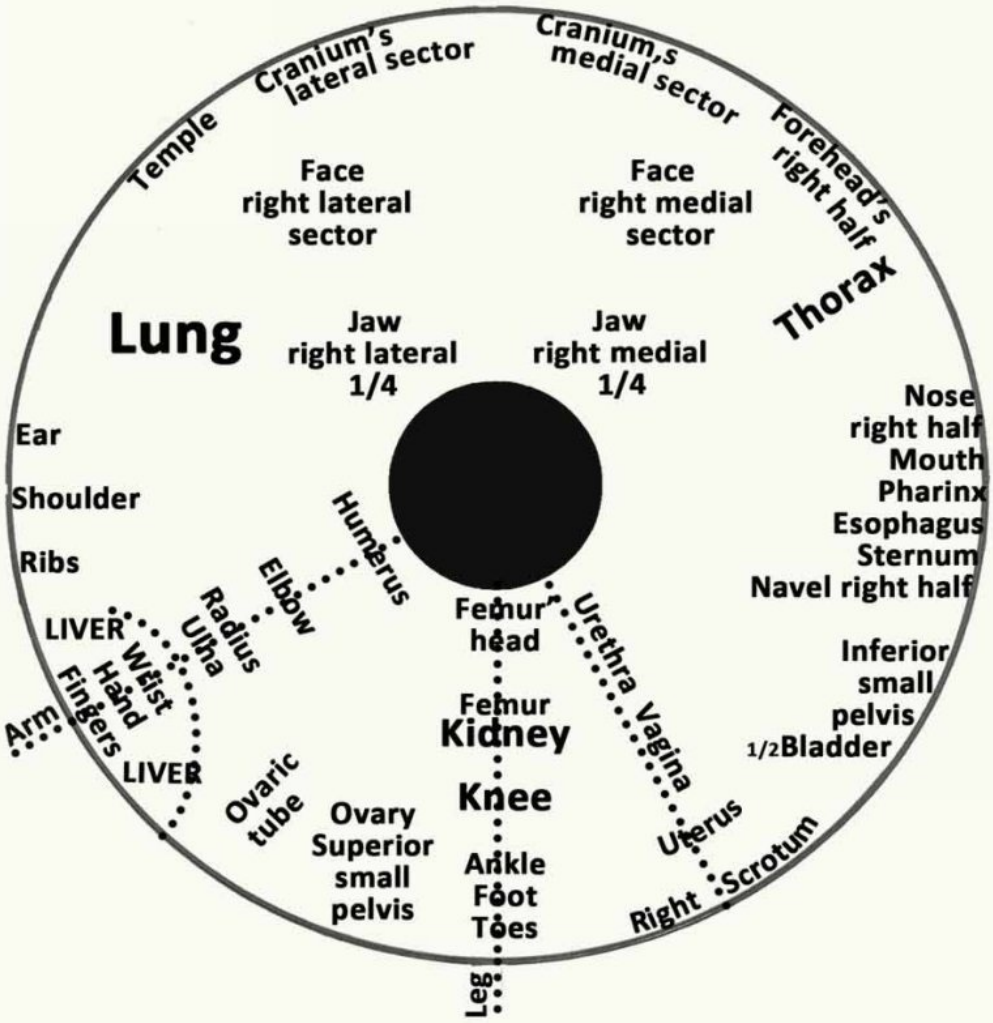
Iris enlargement
with
anatomical projection
of



the
left and right
Hemisomas

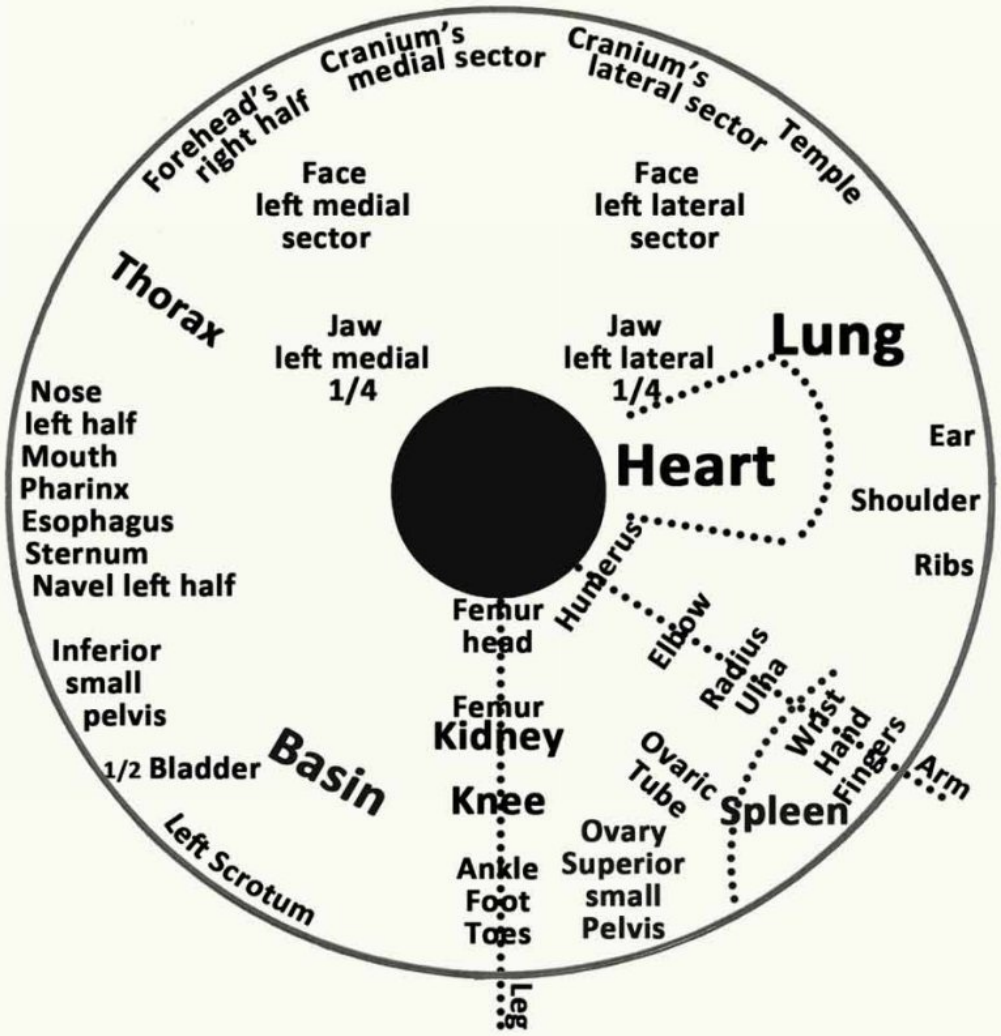
Ignacz Von Peczely's map overview and translation by F. Puerari (2014)

I. V. Peczely
Right iris map
1880-1886



Overview and translation by F. Puerari (2014)

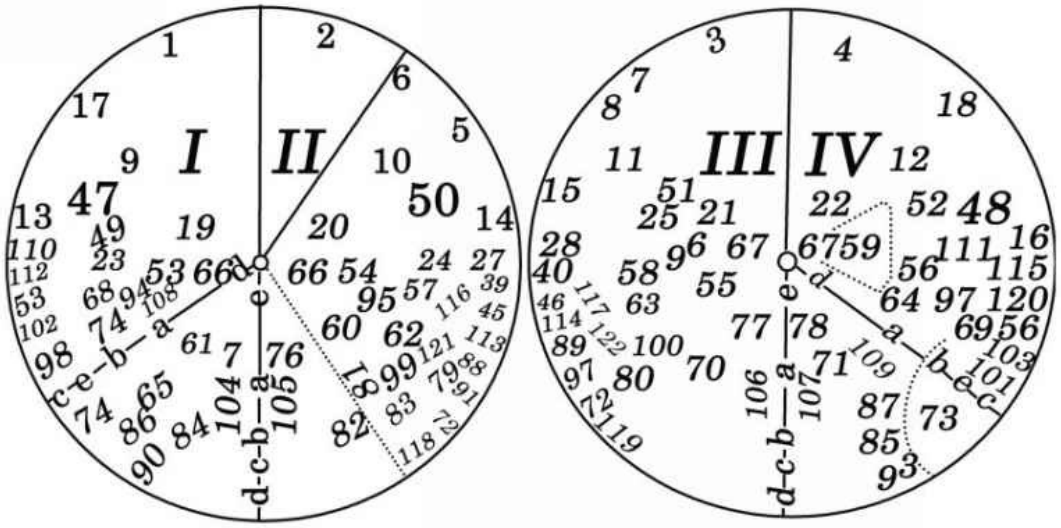
I. V. Peczely
Left iris map
1880-1886



Overview and translation by F. Puerari (2014)

E. SCHLEGEL'S MAP TRANSLATION

(F. Puerari 2014)



Right Iris

Left Iris

I II III IV Median and lateral side of the left and right iris bodies

1. 2. 3. 4. Cranium
1. Right external side
2. Right internal side
3. Left internal side
4. Left external side

6. 7. Nape

5. 8. Forehead (right and left half)

9. 10. 11. 12. Face
9. 10. Right bones
11.12. Left bones

17. 18 Temple

19. 20. 21. 22. Jaw (the same as for the cranium)

27. 28. Mouth (27. Right half; 28. Left half)

39. 40. Throat

45. 46. Esophagus

47. 48. Lungs

49. 50. 51. 52. Thorax (like above)

53. 53. 55. 56. Diaphragm

57. Stomach. Pylorus

58. Stomach. Cardias

59. Heart

60. Duodenum

61. 62. 63. 64. Small intestine

65. Appendix

66. 67. Transverse colon

68. 69. Ascending (68) and descending (69) colon

70. 71. Sigma

72. Rectum

73. Spleen

74. Liver

75. 76. 77. 78. Kidneys

79. 80. Bladder (79. Right half, 80. Left half)

81. Uretra and vagina

82. 83. Uterus (82. Right half; 83. Left half)

84. 85. Ovaries. 86. 87. Tubes

88. 89. Navel

90. 91. 92. 93. Right and left, internal and external inguinal region

94. 95. 96. 97. Abdominal cavity

98. 100. Hip. 100. Pelvis

102. 103. Lumbar region

104. Right inferior limb, external half

105. Internal half of the right inferior limb
d. third toe, c. foot, b. ankles, a. knee,
e. femur head

106. Internal half of the left inferior limb
d. third toe, c. foot, b. ankle, a. knee,
e. femur head

107. Left inferior limb, external half

108. Right superior limb. c. middle finger,
e. hand, b. wrist, a. elbow, d. humerus head

109. Left superior limb. c. middle finger,
e. hand, b. wrist, a. elbow, d. humerus head

110. 111. Shoulders. 112. 122. Ribs

113. 114. Sternum (right and left half)

116. 117. Vertebral column. 118. 119 Testicles

E. Schlegel's map overview and translation by F. Puerari (2014)

E. SCHLEGEL'S CLINICAL REPORT MAP (1886)

Fig. 1.

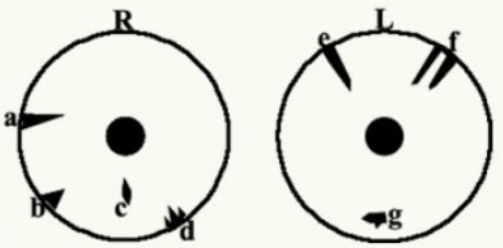
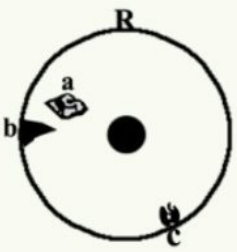
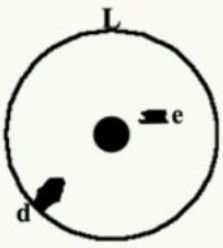


Fig. 2.





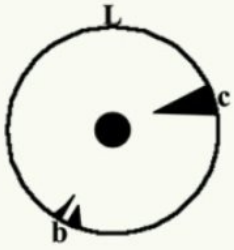


Fig. 3.

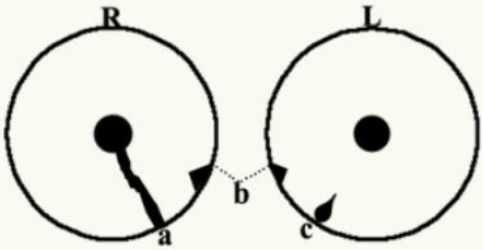


Fig. 4.

Legend

Fig. 1 a. damage of right eye and mastoid
b. fracture of right hand
c. lesion of the knee
d. syphilitic ulcer
e. lesion on the top of the cranium
f. cranial lesion

Fig. 2 a. throat abscess with cicatrisation
b. shoulder dislocation
c. postsurgical cicatrised phimosis
d. left. Inguinal hernia (with bulge)
e. heart failure

Fig. 3. a. uterine prolapse. Morphology similar to that of an onion bulb
b. perineal laceration
c. middle ear suppuration

Fig. 4 a. uretral stenosis
b. sternal fracture (more evident on the right)
d. rectal prolapse (morphology sinilar to that of uterine prolaps)

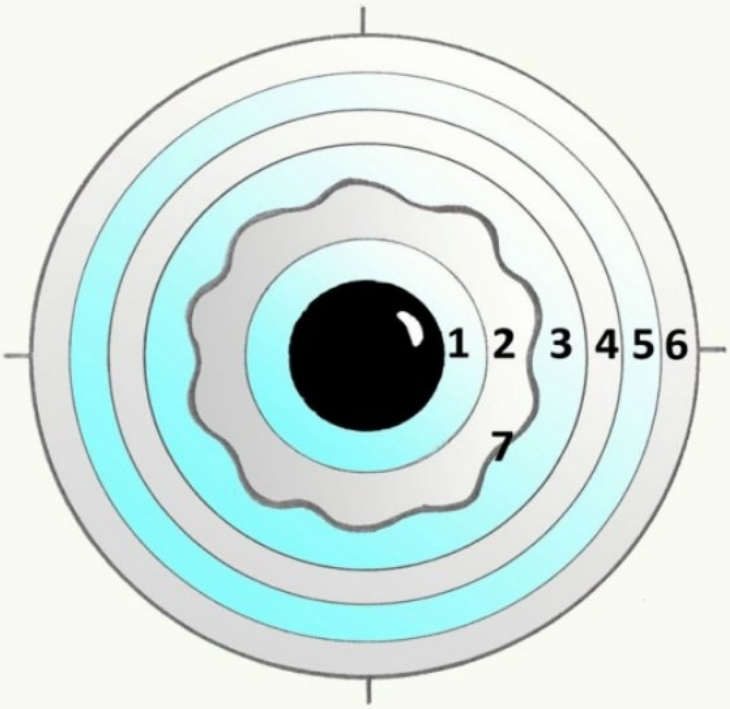
from E. Schlegel ("Die Audendiagnose der I.V. Peczely", 1886)
revision and translation by F. Puerari (2014)

In the decades following the publication of these maps, Nils Liljequist (1851-1936) realized that quinine, a drug commonly prescribed at that time, could often saturate the iris with toxic pigments and that bone fractures were often cause of changes in the iris. Liljequist published his first works, rich in maps and tables, in 1893. Since then, many different iris maps have been published and many iridological schools of thought are born.
The maps elaborated by the German iridological school are widely shared (W. Hauser, J. Karl, R. Stolz "Die praktische Iris diagnostik", Koln-Heimsheim, 1986; “Informatonen aus Struktur und Farbe” Felke Institut Heimsheim Germany, 2001). However, there are numerous other maps that are considered authoritative. The most used ones being the maps of J. Deck, S. J. Rizzi, L. Berdonces, B. Jensen (J. Deck “Differenzierung der iris zeichen” Karlruhe, 1965; S. Rizzi, "Iridology, the future diagnostic method", I. Laches 1983; J. L. Berdonces, "Basic Manual of Iridology", Integral Ediciones, Oasis, Barcelona 1990; B. Jensen, “Iridology”, Escondido, 1982). Finally, it is also worth mentioning the chart recently developed by E. Ratti and J. Karl (“Iridologie Bildatlas mit Erlauterung”, Autonome Provinz Bozen Sudtirol, 2011).

Circular and sectorial map

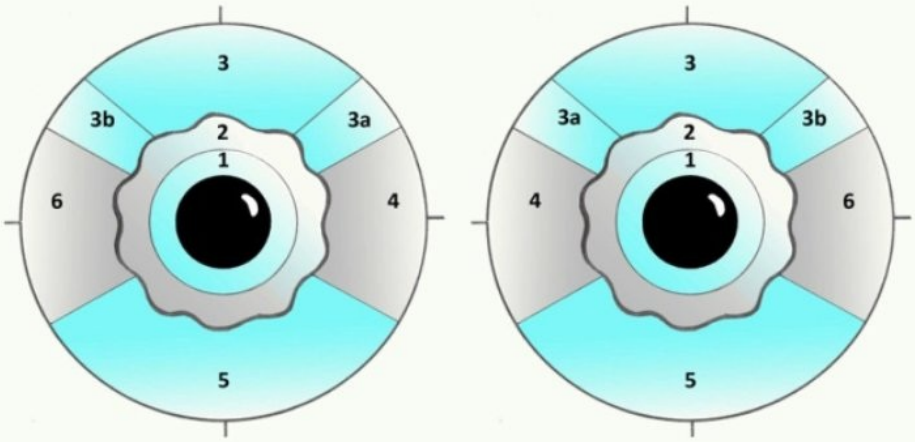
The iris subdivision in concentric circles (circular map) or in radial sectors (sectorial map), simplifies iris analysis and allows for a correct localization of the points of interest.
Circular map. The circular subdivision divides the iris into six concentric circles that coincide with as many areas and functions of the human body.
Sectorial map. The eight sectors of the sectorial subdivision coincide with the major apparatuses.

CIRCULAR MAP



1	Stomach area
2	Intestine area
3	Glandular area
4+5	Organs area
6	Tegumentary area *neuro-splanchnic-cutaneous ring* *(Ratti, Santorelli)*
7	Nerve edge *autonomic nerve edge*

SECTORIAL MAP



1	Stomach area
2	Intestine area
3	Frontal Sector
3 a	Frontal (Orbital) Sector
3 b	Frontal (Auditory) Sector
4	Internal (Nasal) Sector
5	Visceral Sector
6	External (Temporal) Sector

OVERLAPPING

The maps submitted in this e-book are a compendium of the most shared knowledge.

The main problem with iridological maps is the available space. Unlike acupuncture points, which are distributed all over the body and organized along well-separated meridians, the projections of organs in the irises are concentrated in a very limited space. In addition, their graphic representation is one-dimensional while the organs are tri-dimensional and close to each other. Therefore, different organs necessarily share the same projection areas. Peczely, the founder of modern iridology, solved this problem by grouping the organs together in sectors rather than in points.

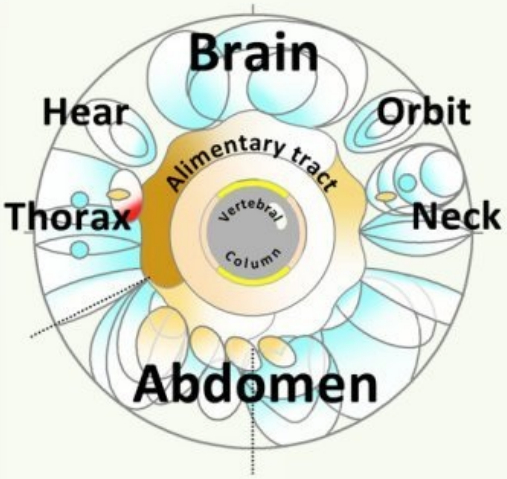
In this manual, Peczely's method is developed by applying it to subsequent discoveries and focusing in particular on the principles of overlapping and grouping.

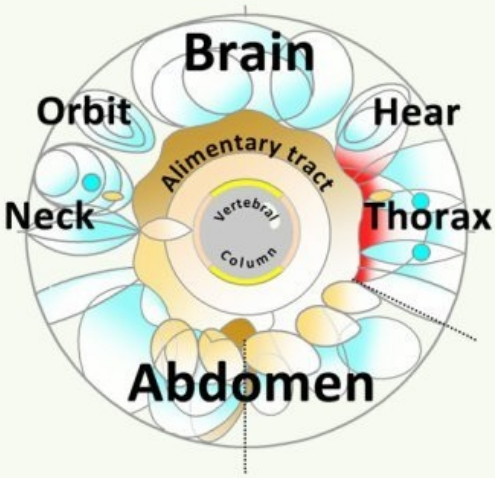
Overlapping. Two examples. Organs like the rectum, uterus and kidneys are anatomically close one another and are represented, in the map submitted in this e-book, in adjacent, overlapping areas. This is also the case for organs that are located inside the thorax (lungs, heart and aorta).

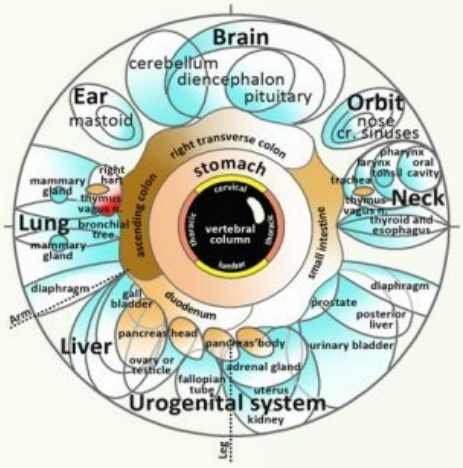
Grouping. In the map submitted in this e-book the organs are divided into eight general categories (Brain, Neck, Thorax, Digestive tract, Abdomen, Orbit, Ear, Vertebral column) according to their location: 1) organs located in the cranium (Brain): upper sector of the irises. 2) organs located in the neck (Neck): iris sector closer to the nose 3) organs located in the thorax (Thorax): iris sector towards the ears. 4) stomach and intestine (Digestive tract): circular rings around the pupil. 5) Abdominal organs (abdomen): lower sector of the irises. 6) ocular area (Orbit): border sector between Brain and Neck. 7) auricular area (Ear): border sector between Brain and Thorax. (8) Vertebral column: pupillary border.

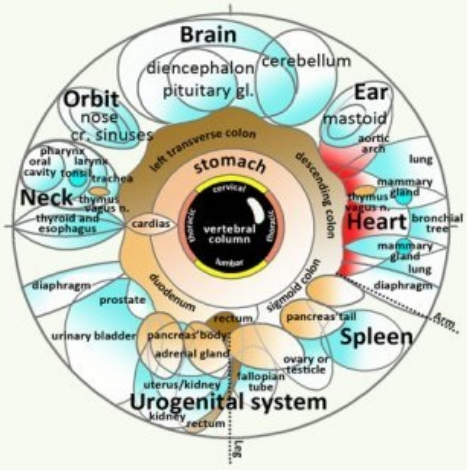
The book will describe in detail, step by step, the projections of the organs belonging to all groups so as to provide a complete map in a final chapter dedicated to the comprehensive representation of overlapping (OVERLAPPING AREAS; COMPLETE IRIS MAP). This will be completed by an appendix explaining methods for distinguishing overlapping areas (APPENDIX).

In order to facilitate an overall understanding and to illustrate the aim of this textbook clearly from the start, a preview of a simplified map by groups as well as a detailed map by single organs is given in the following page.









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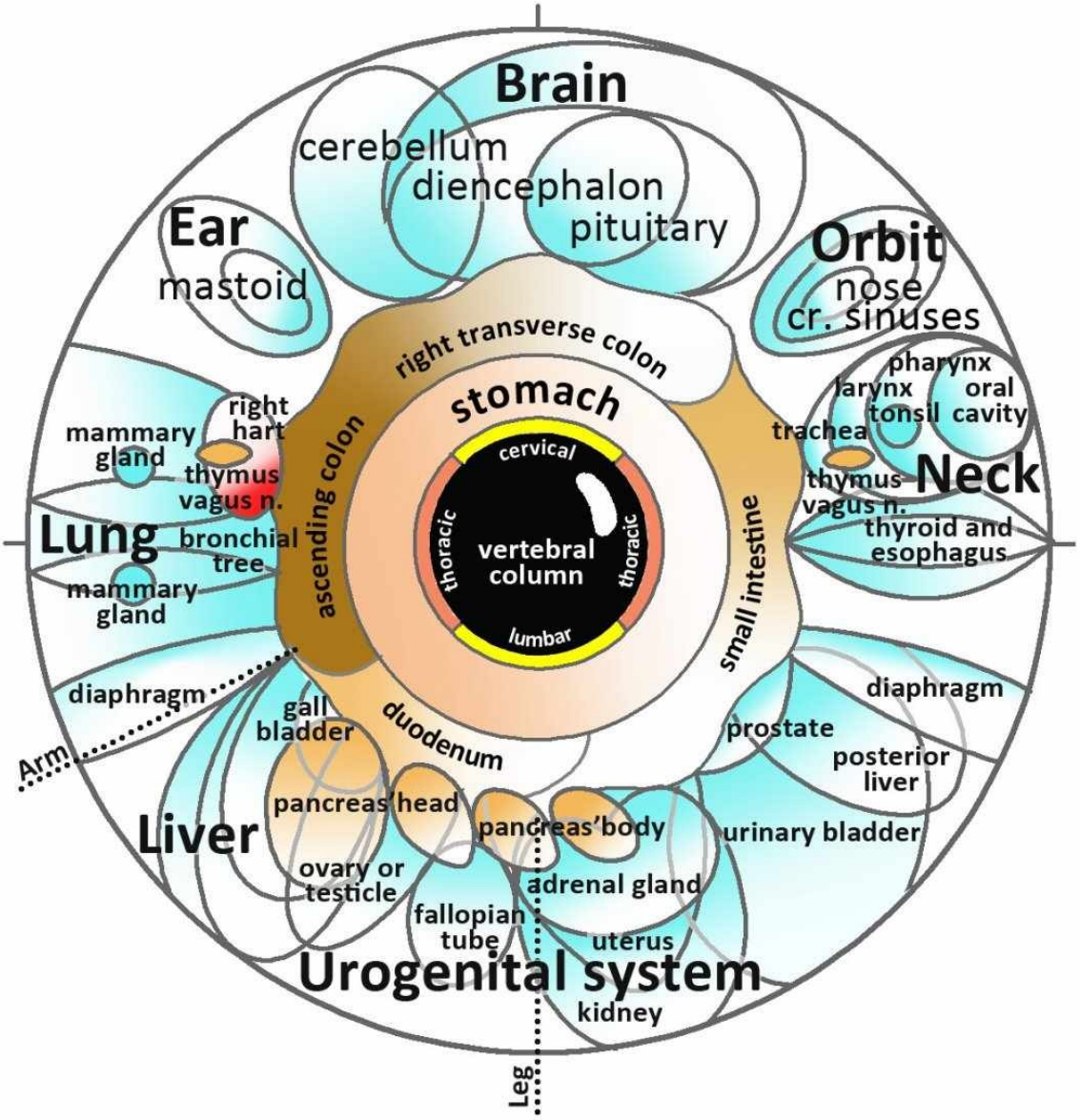
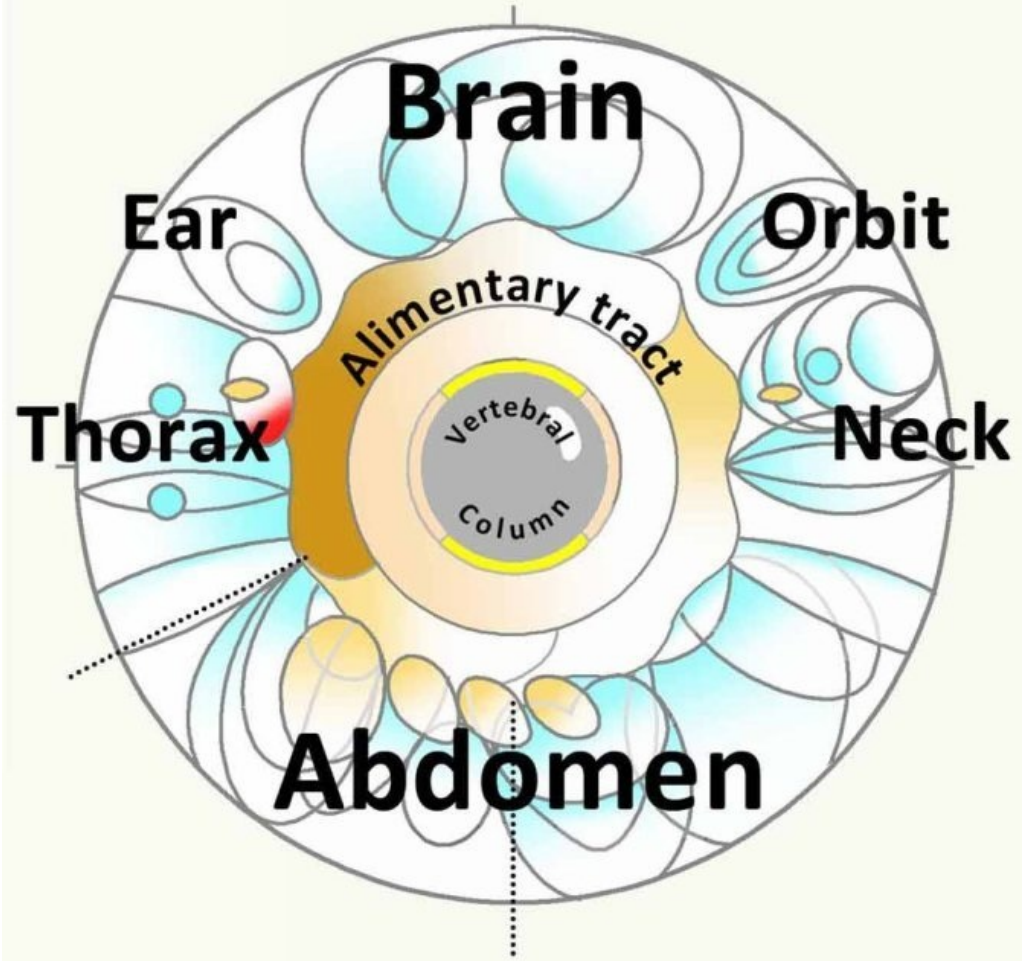
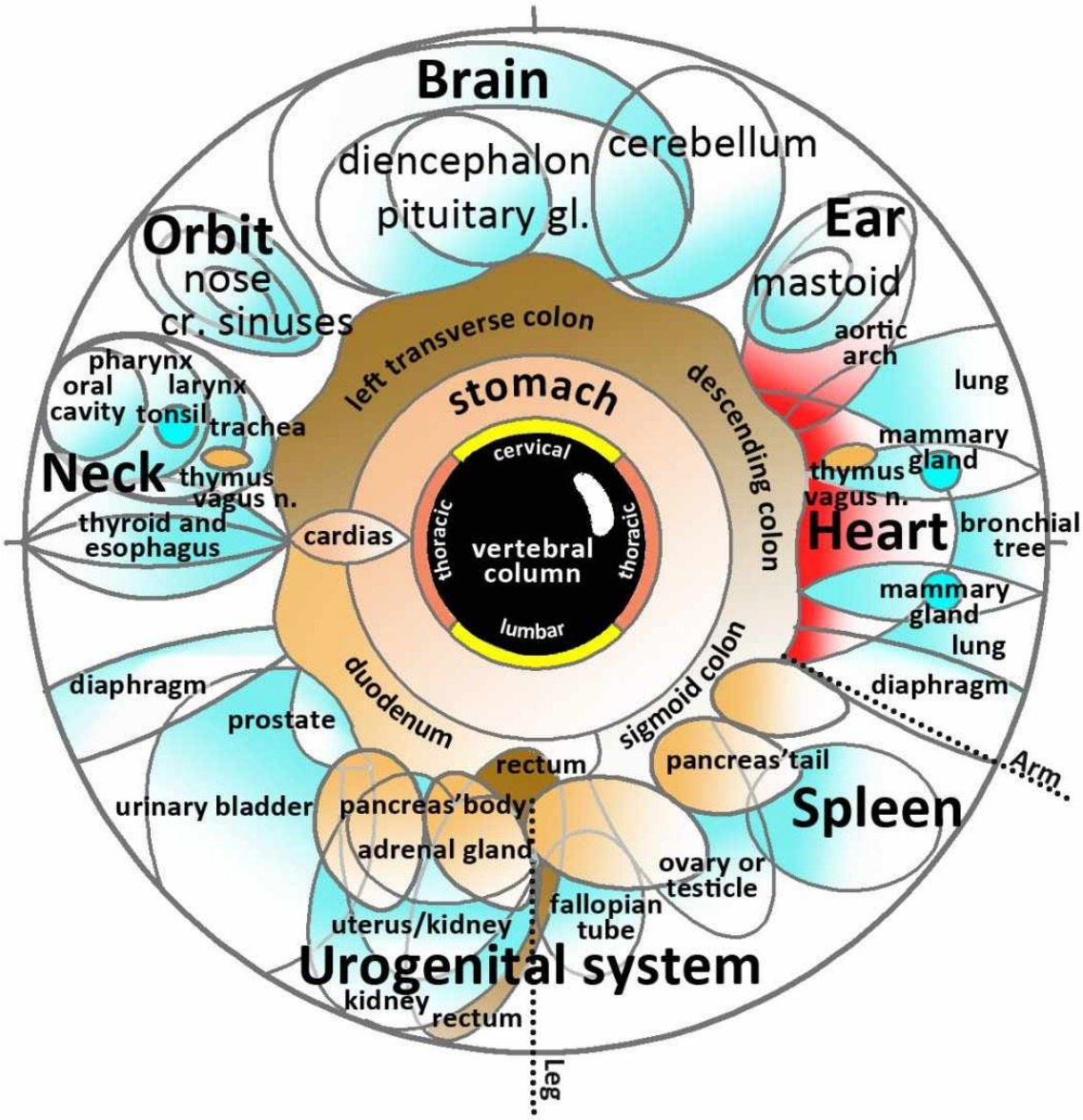
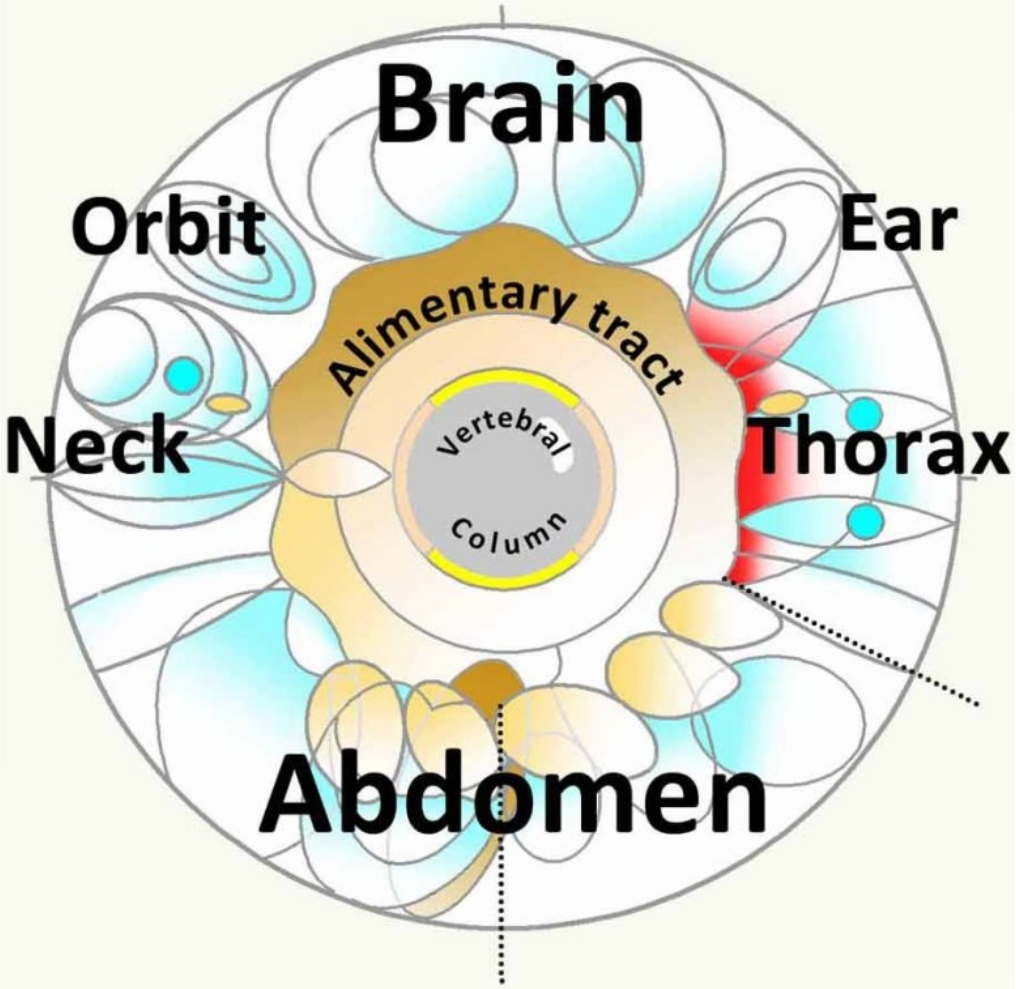

Brain
cerebellum
diencephalon
pituitary
Ear
mastoid
Orbit
nose
cr. sinuses
right transverse colon
stomach
pharynx
larynx
oral
tonsil
cavity
right
hart
mammary
gland
thymus
vagus n.
ascending colon
cervical
trachea
thymus
vagus n.
Neck
thyroid and
esophagus
Lung
bronchial
tree
mammary
gland
thoracic
vertebral
column
thoracic
lumbar
small intestine
diaphragm
Arm
gall
bladder
duodenum
diaphragm
prostate
posterior
liver
pancreas'head
pancreas'body
urinary bladder
Liver
ovary or
testicle
adrenal gland
fallopian
tube
uterus
Urogenital system
kidney
Leg



Right Iris

(F. Puerari 2014)


Brain
diencephalon
cerebellum
pituitary gl.
Orbit
nose
cr. sinuses
Ear
mastoid
left transverse colon
stomach
descending colon
aortic arch
lung
pharynx
oral cavity
larynx
tonsil
trachea
Neck
thymus
vagus n.
thyroid and esophagus
cervical
thoracic
vertebral column
thoracic
lumbar
cardias
mammary gland
thymus
vagus n.
Heart
bronchial tree
mammary gland
lung
diaphragm
duodenum
sigmoid colon
diaphragm
prostate
rectum
pancreas'tail
Arm
urinary bladder
pancreas'body
Spleen
adrenal gland
ovary or testicle
fallopian tube
uterus/kidney
Urogenital system
kidney
rectum
Leg



Left Iris

(F. Puerari 2014)

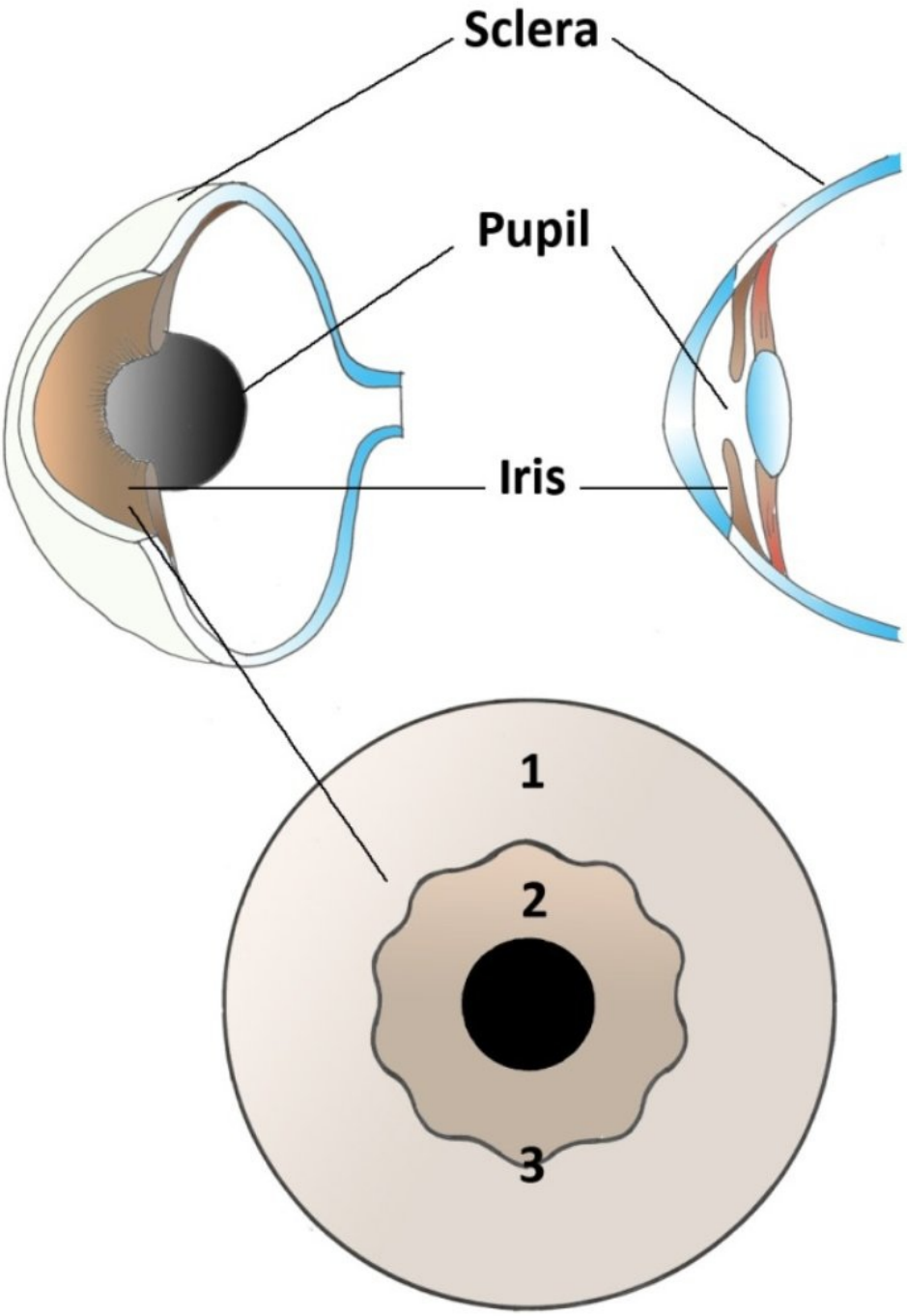
BASIC TERMINOLOGY

Inner Pupillary Border (IPB). The pupil's border is constituted by the final offshoots of the posterior ocular chamber's coating. It is a dark-colored granular tissue called inner pupillary border.

Collarette. First portion of the iris around the pupil, it is a circular band delimited by an uneven edge. It corresponds to about a third of the iris area.

Nerve edge. Autonomic nerve edge. Uneven edge circumscribing the collarette. It is also called autonomic cord or neurovegetative ring.

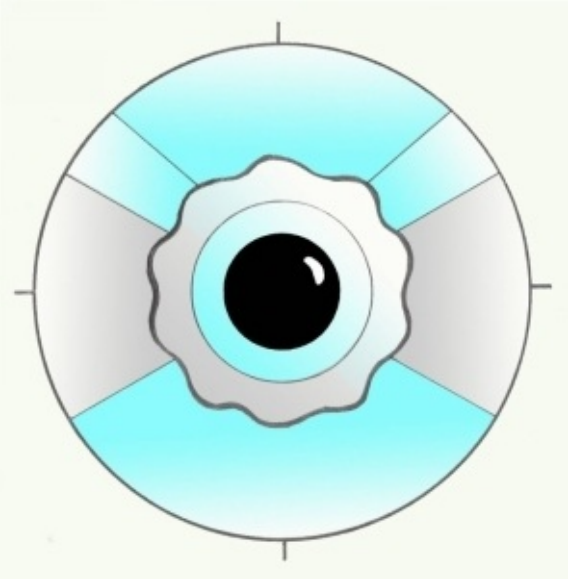
Ciliary body. The area surrounding the collarette that corresponds to the remaining two thirds of the iris is called ciliary body.



1) Ciliary body
2) Collarette
3) Autonomic nerve edge

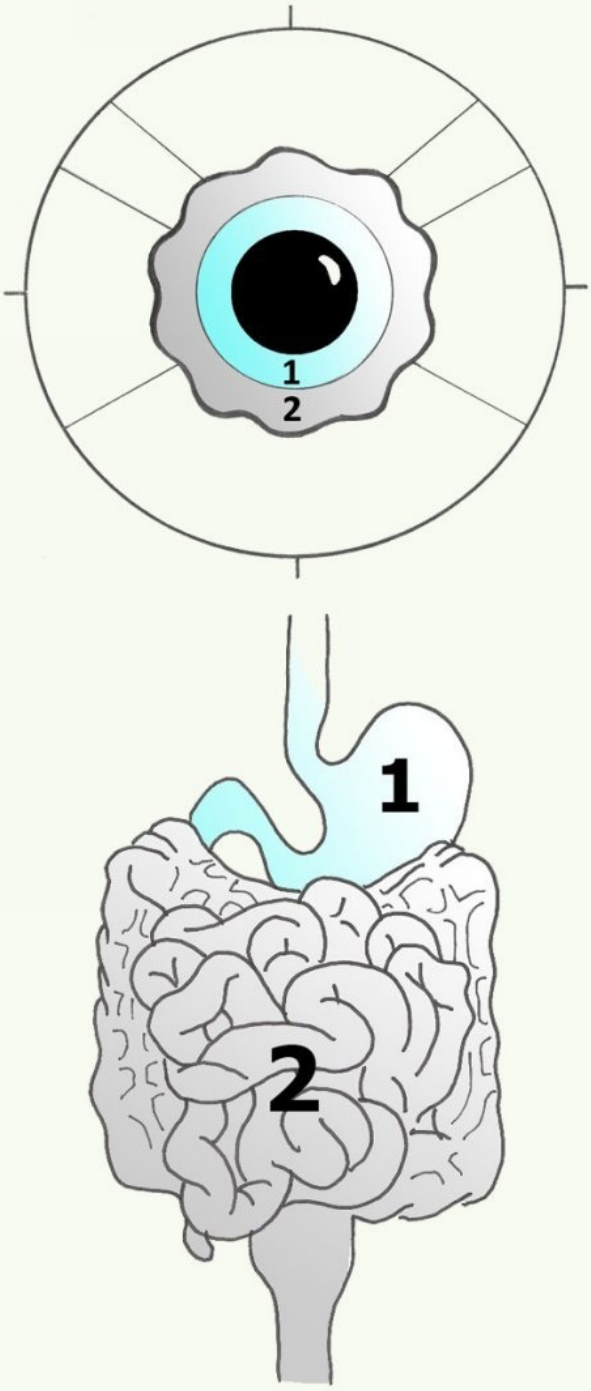
COLLARETTE AND CILIARY BODY

The projections of organs in the two irises respect the body's symmetry.
They develop into two well distinct areas: the *collarette* , the iris central area corresponding to about one third of the iris, and the *ciliary body* , corresponding to the peripheral two thirds of the iris.

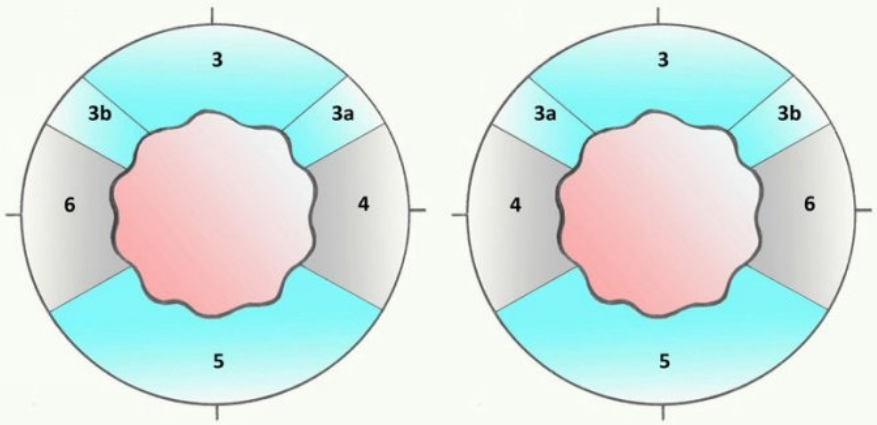


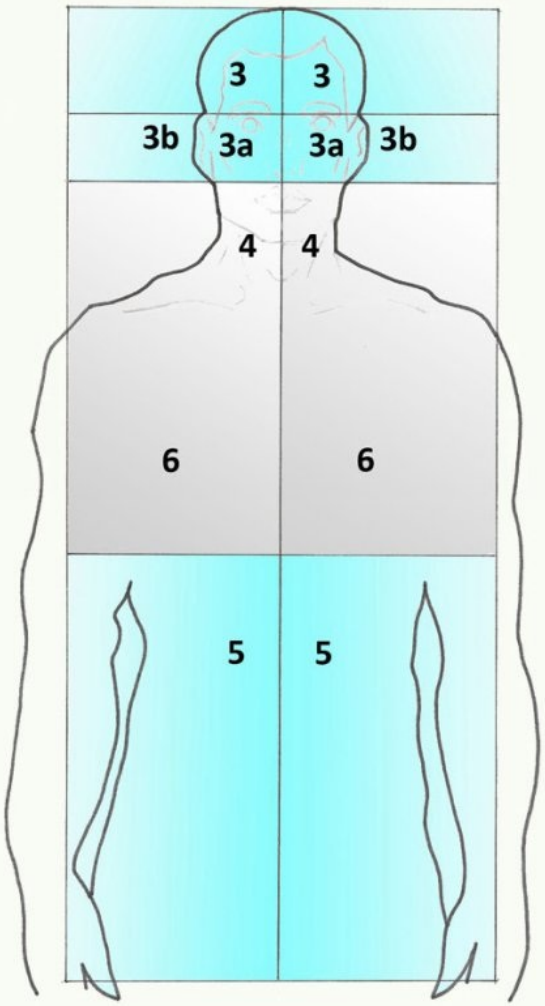
The digestive tube projections are gathered in the collarette: for this reason, the collarette is also called *intestinal area* .
All other organs projections are gathered in the ciliary body.
In addition to the collarette and the ciliary body, there are two other structures that supply useful information: the pupillary border and the autonomic nerve edge that circumscribes the collarette. The pupillary border collects the projections of the vertebral spine. The autonomic nerve edge, together with the pupil's dilation, is an index of neurovegetative activity.
The map mainly used in this manual is the sectorial map, composed of two central circles, corresponding to the digestive apparatus, and of six radial sectors, corresponding to internal organs.

Projections of organs on collarette



Projections of organs on ciliary body





MAPS, MARKINGS, PATIENTS

Although the iris is small, the projections of organs it collects are very numerous, close to each other and often extended to adjacent areas, therefore projections overlapping is frequent. Knowing the iris topography is a necessary yet not sufficient requirement for a correct analysis.

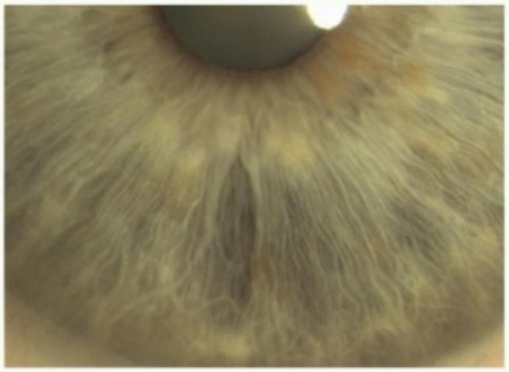
A complete overview will come not only from iris maps, but also from gathering other iris signs (markings) and all the signs and symptoms derived from a thorough evaluation of the patient (history, laboratory analysis and instrumental data).

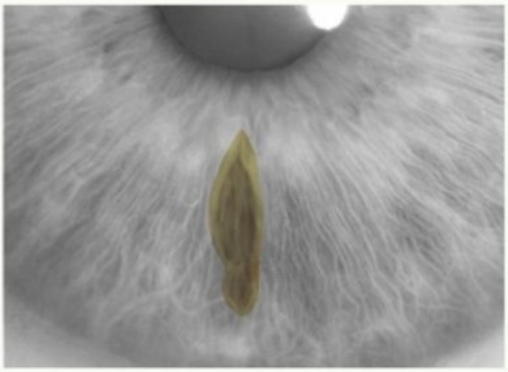
Thus, it is better to have a broad-spectrum approach as opposed to a strictly cartographic reading of the iris.

In the following chapters, maps will be completed by images of irises with markings in the areas described above.

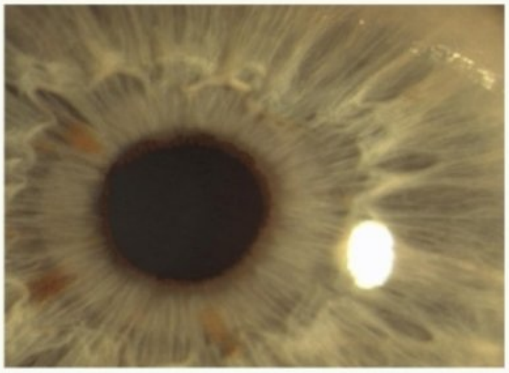
Hence, it is worth to familiarize with some of the main iridological markings.

Markings (Basic choice)



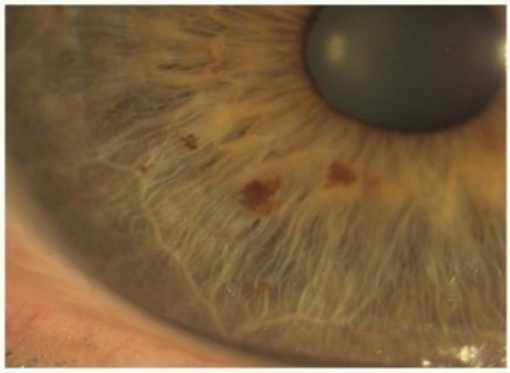


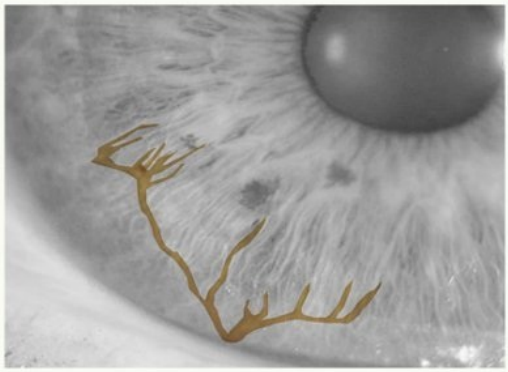
Lacuna. Oval or lozange shaped area without fibers or with very sparse ones.
Thickened fibers on margins.



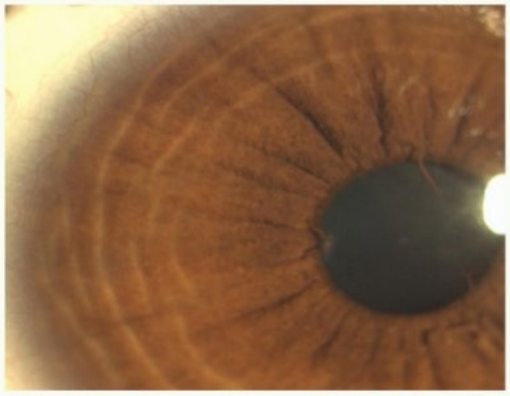
Bright fibers. White fibers.
Texture lightening.

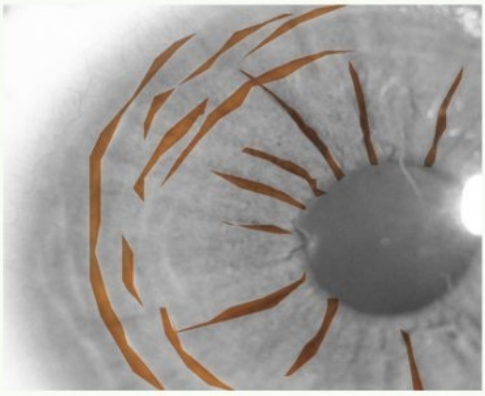
Markings (Basic choice)





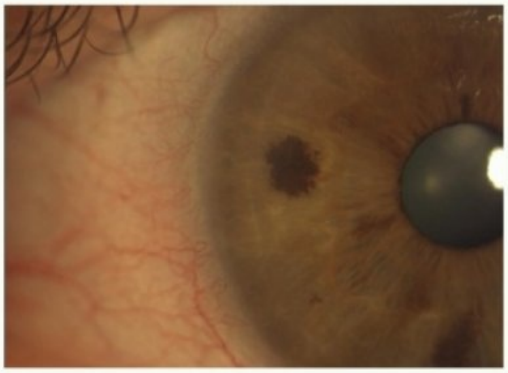
Transversal fibers. Fibers not following the radial pattern of texture.

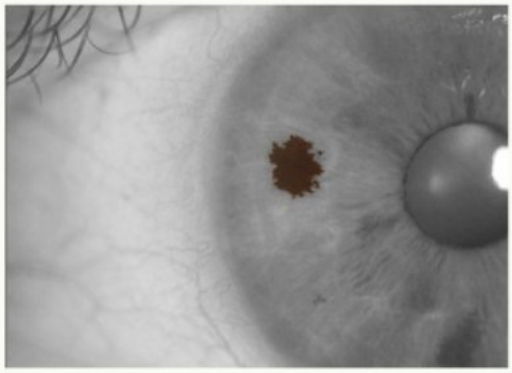




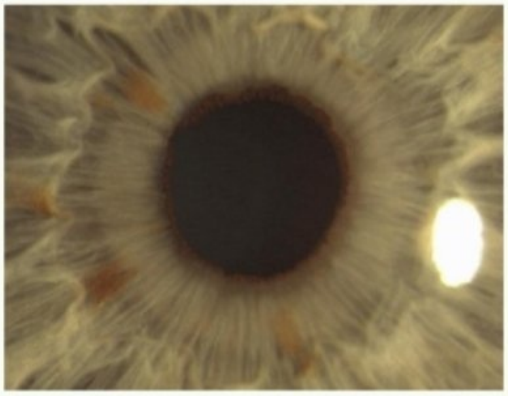
Radial furrows, fissured arcs. Variable length and depth.

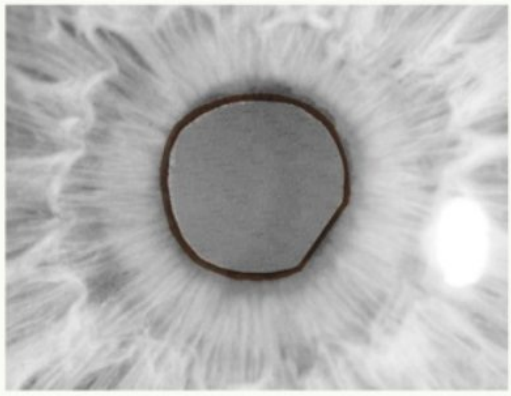
Markings (Basic choice)





Pigments. Iris spots that can take various shapes and colors.

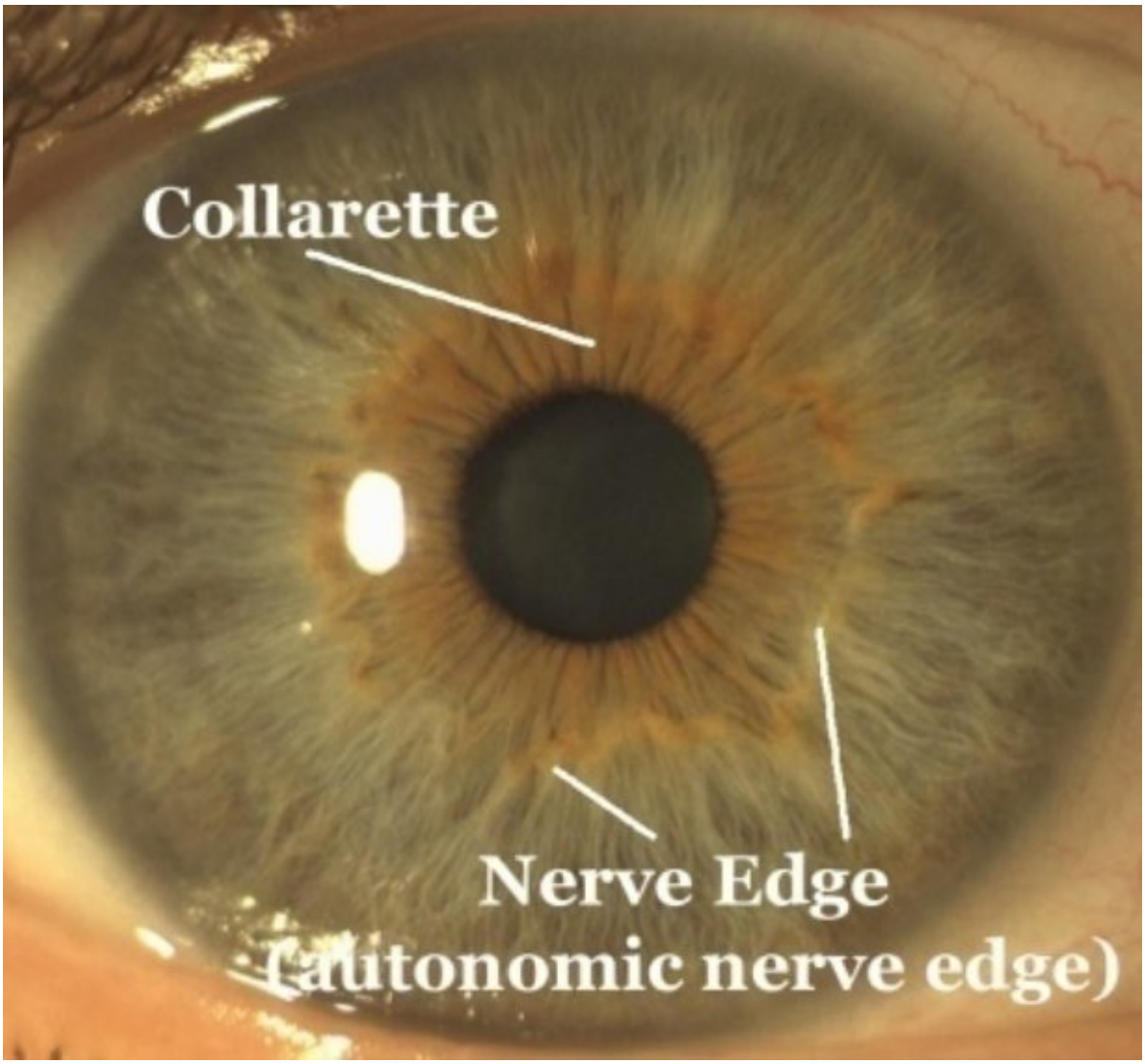




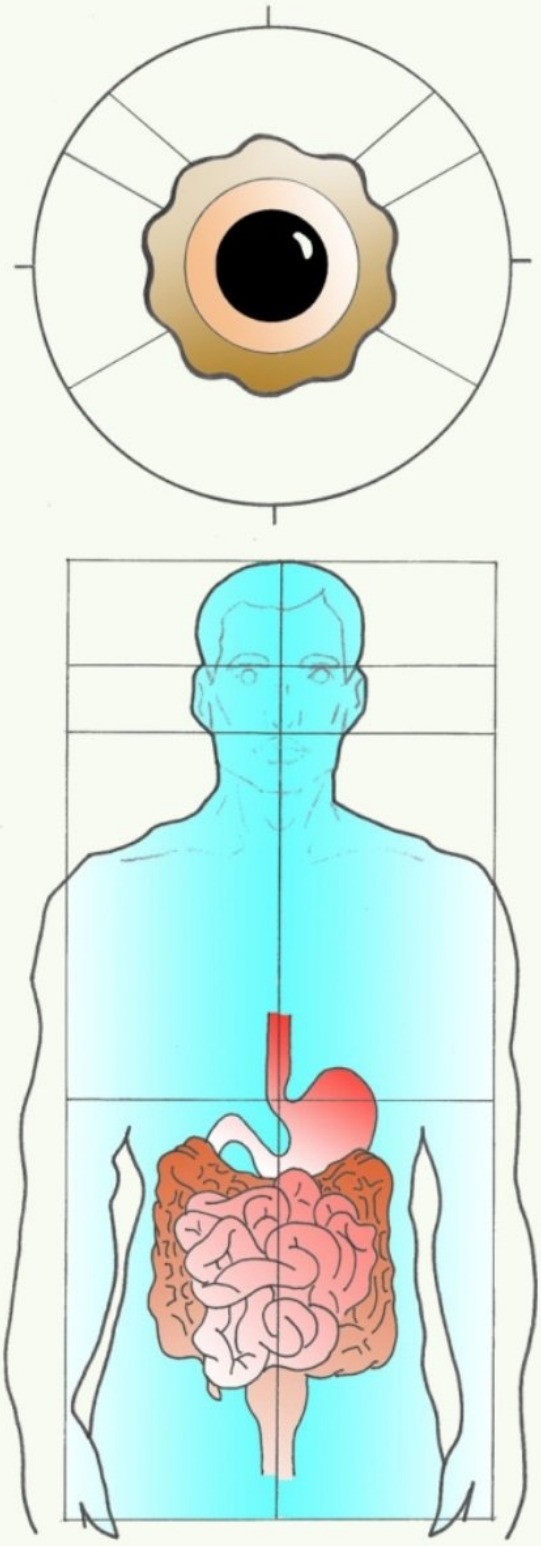
Pupillary flattening. Straightened segment of pupillary edge with loss of roundness.

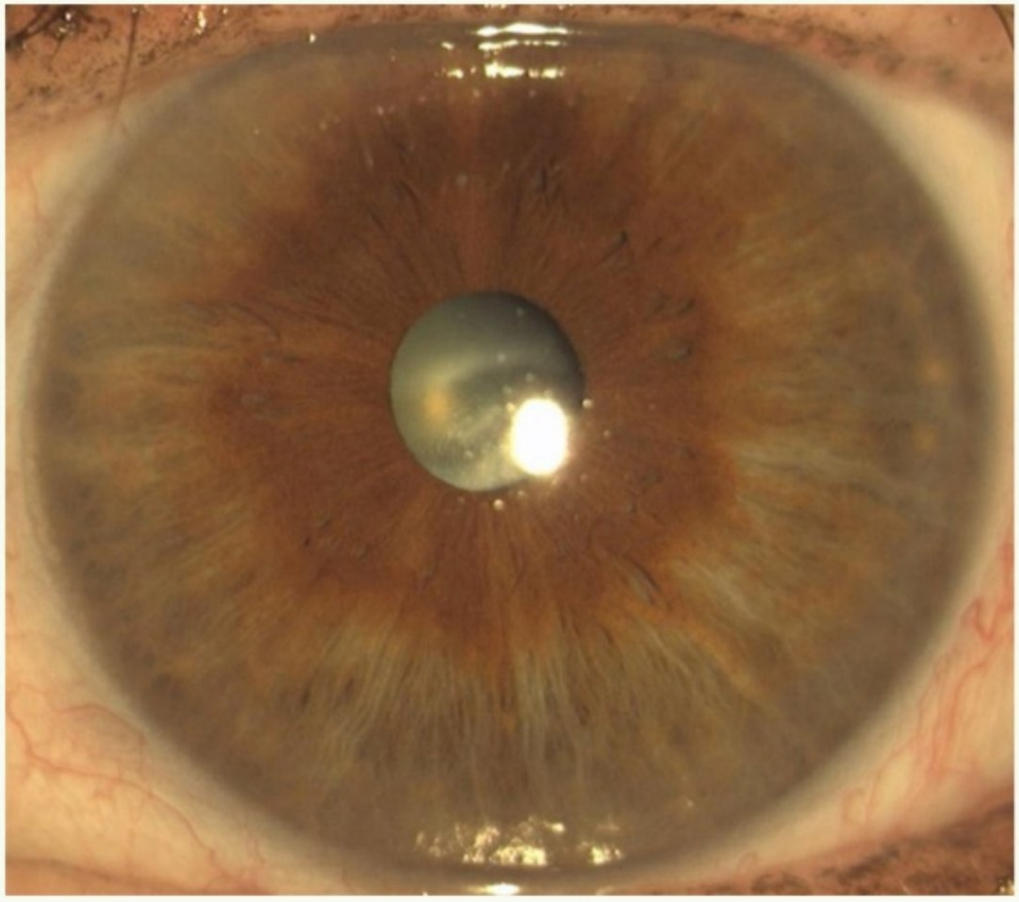
CENTRAL SECTOR

The central sector is called *collarette or wreath* ; it is bound by the pupillary margin and by a wavy chord called *autonomic nerve ring (hedge/edge/nerve edge/autonomic nerve edge)* . The central area is the iridological projection of the digestive tube (stomach and intestine) and it is also called *intestinal area* . The strip adjacent to the pupil is called gastric ring because it collects the projections of the stomach. The belt neighboring the nerve ring is called *intestinal ring* because it collects the projections of the rest of the intestine.



Central Sector: Stomach and Intestine

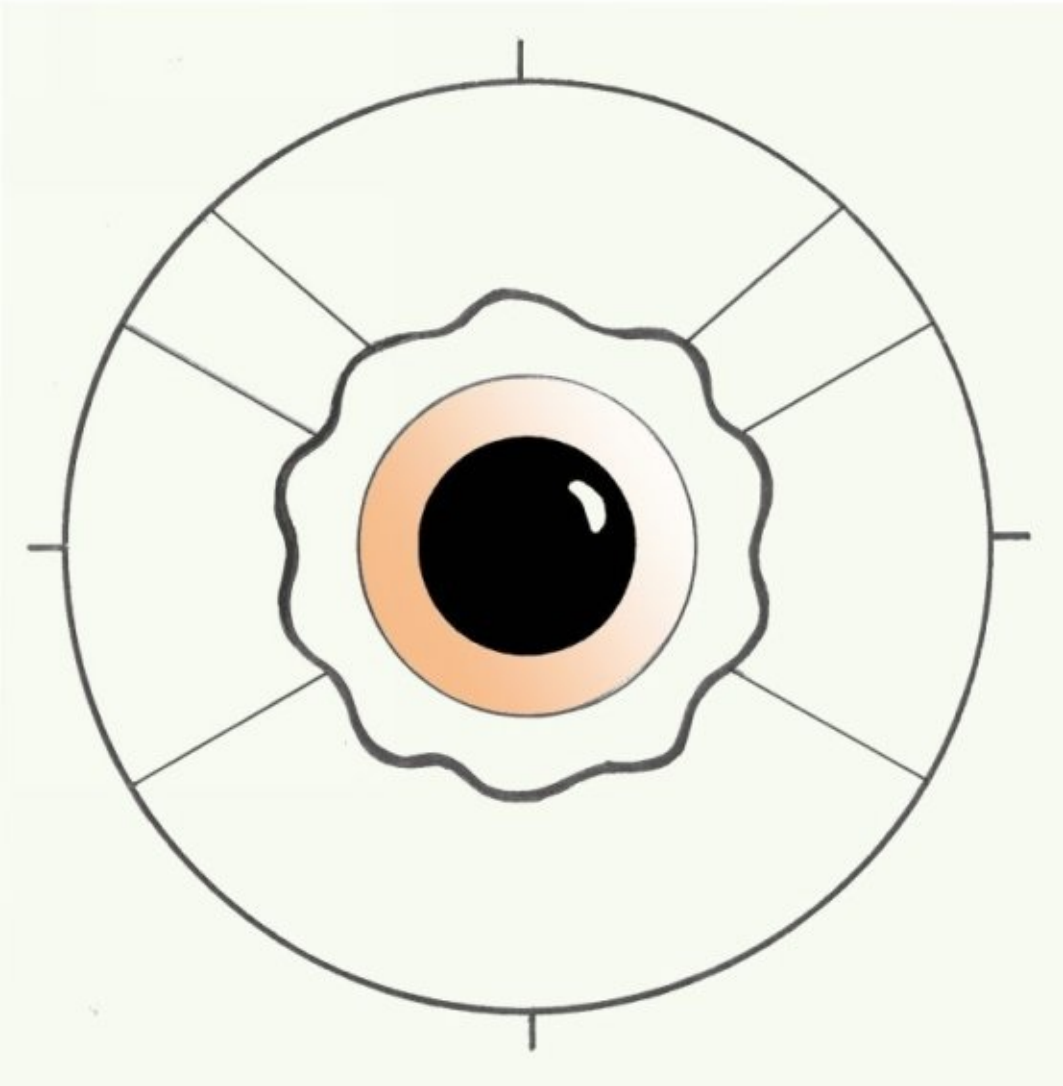




Deep pigmentation of the whole intestinal area

STOMACH. GASTRIC RING.

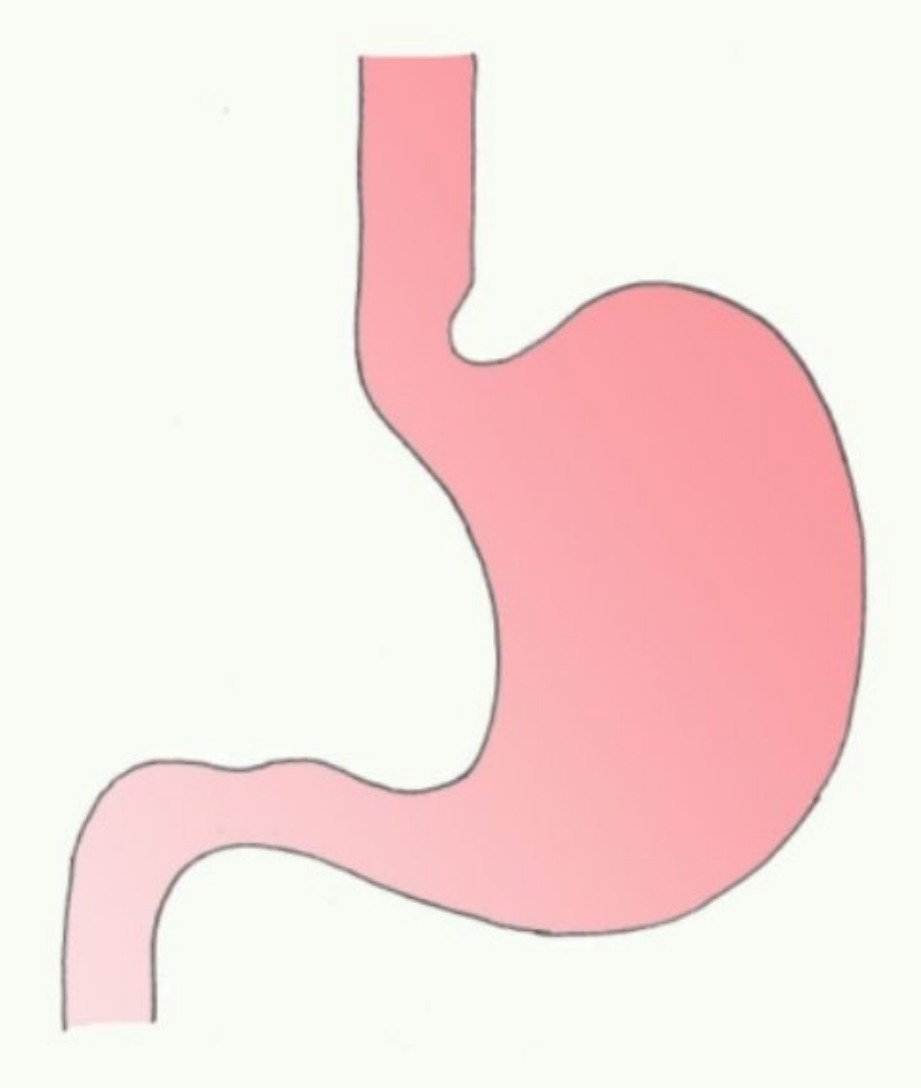
The first circular portion of the collarette immediately adjacent to the pupil is the iridologic projection of the stomach (gastric ring).



In normal conditions, the gastric ring has the same color and structure of the rest of the collarette.

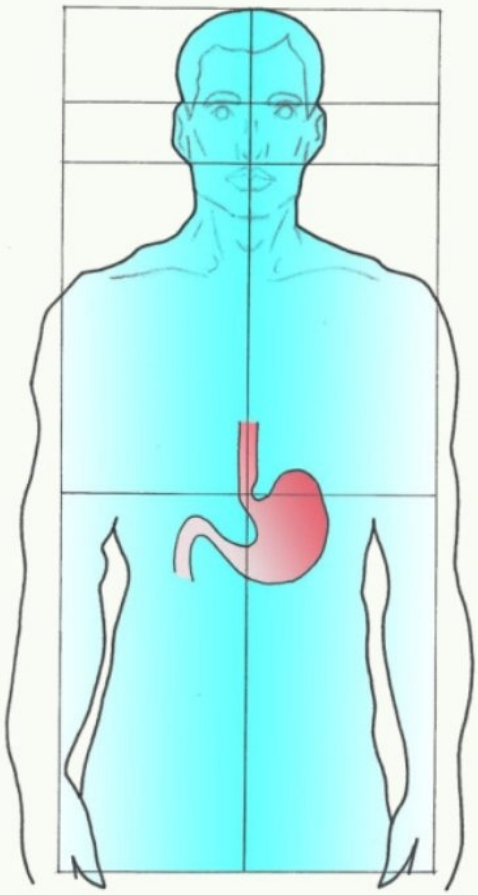
STOMACH

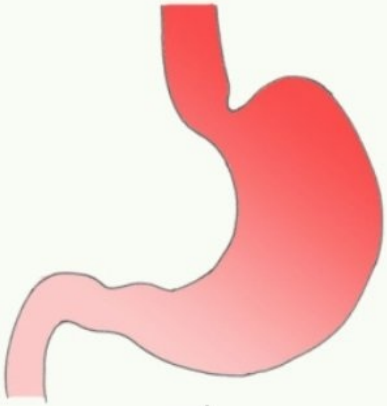
The stomach forms part of the digestive apparatus. Shaped like a curved sack, it is placed between the *esophagus* and the *small intestine* .

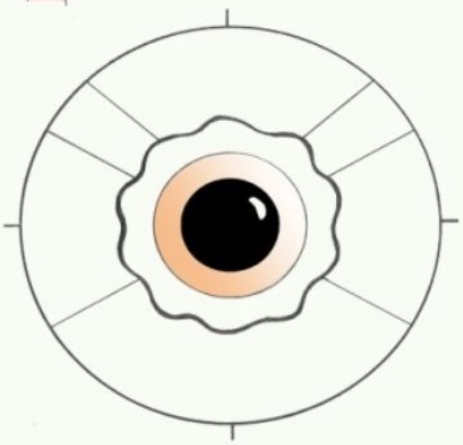


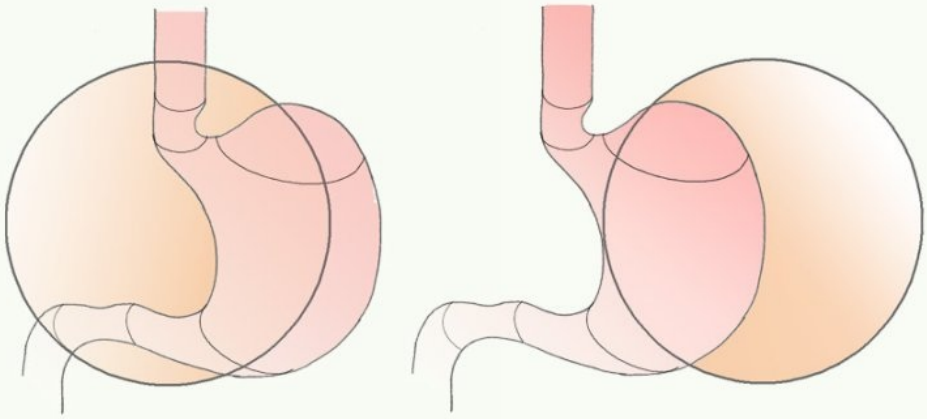
It is delimited by two constrictions (sphincters). The first one, called *cardias* , regulates the food afflux from esophagus to stomach and prevents food reflux from stomach to esophagus. The second one, called *pylorus* , regulates the flow of food into the first tract of the small intestine (*duodenum*).
The stomach's upper portion is called *fundus* , the central portion *body* and the inferior one *antrum or pyloric antrum* .
As a consequence of the organ's curved shape, we can differentiate between two curvatures called *lesser curvature* and *greater curvature.* The concavity of the lesser curvature marks the right side of the stomach while the convexity of the greater curvature delimits the stomach's left side.

Stomach



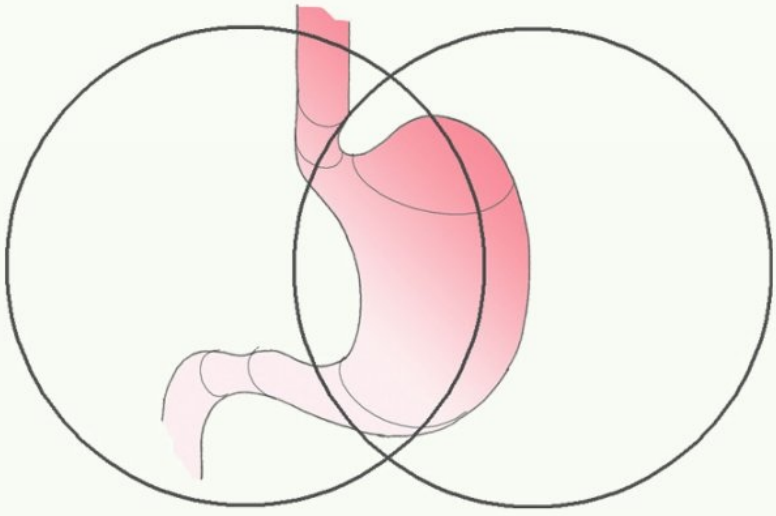




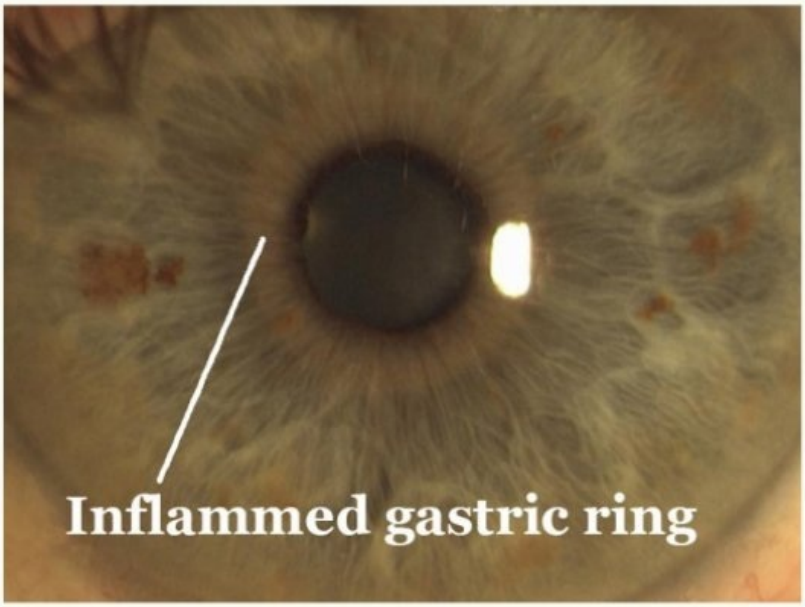


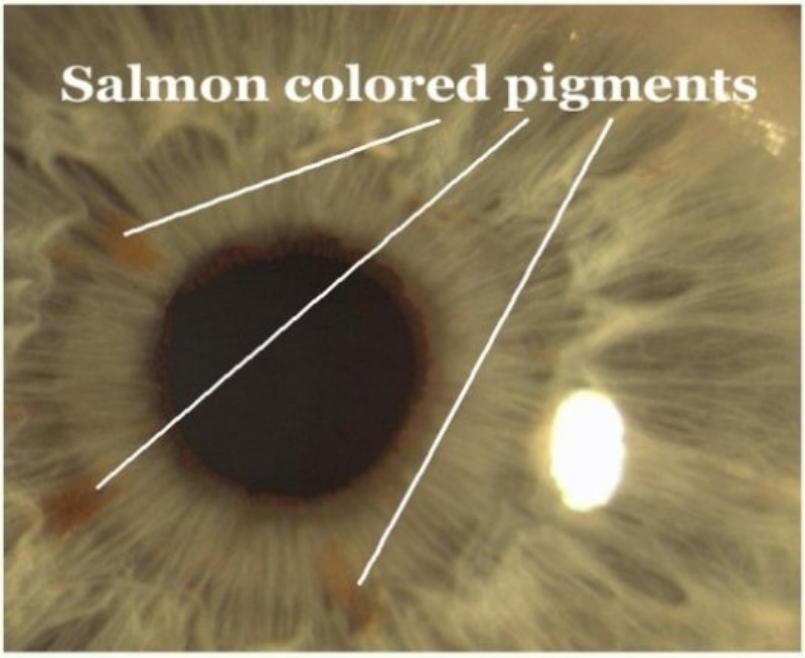
right **left**

The projections of the stomach are focused
on the lesser curvature in the right iris
and
on greater curvature in the left one



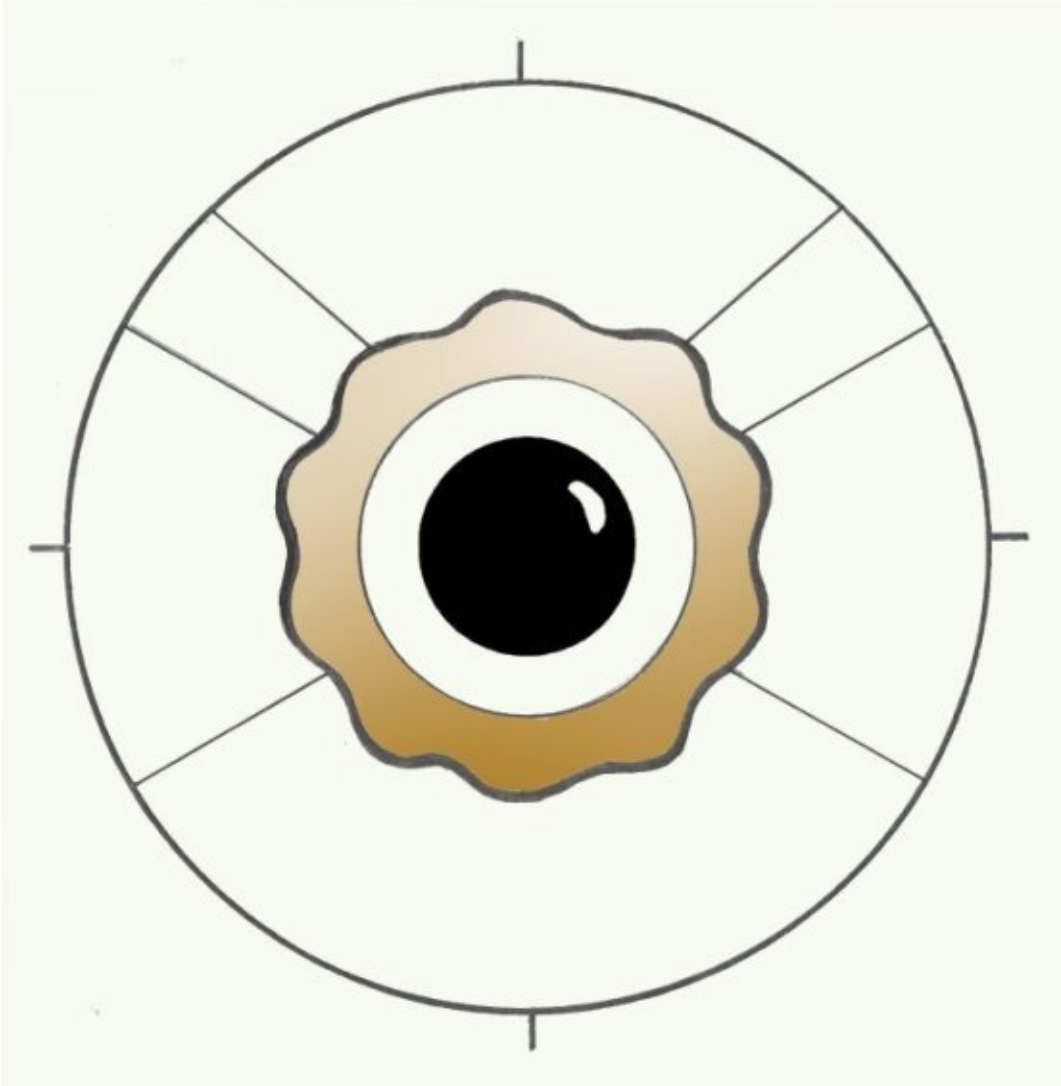
Characteristic gastric ring markings: a clearer or amber-colored or purplish gastric ring, show an increased gastric secretion (gastritis, gastric ulcer). A blackish or dark purplish color points to a degeneration or chronicization. Defect signs (lacunae) testify a functional impairment (atony) while salmon-colored pigments are related to a localized damage.


Inflammed gastric ring


Salmon colored pigments

INTESTINAL RING

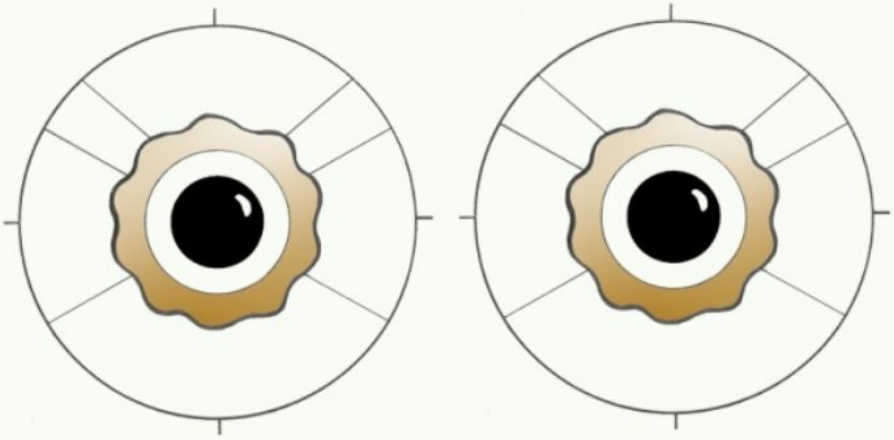
Circular area between the gastric ring and the autonomic nerve edge.

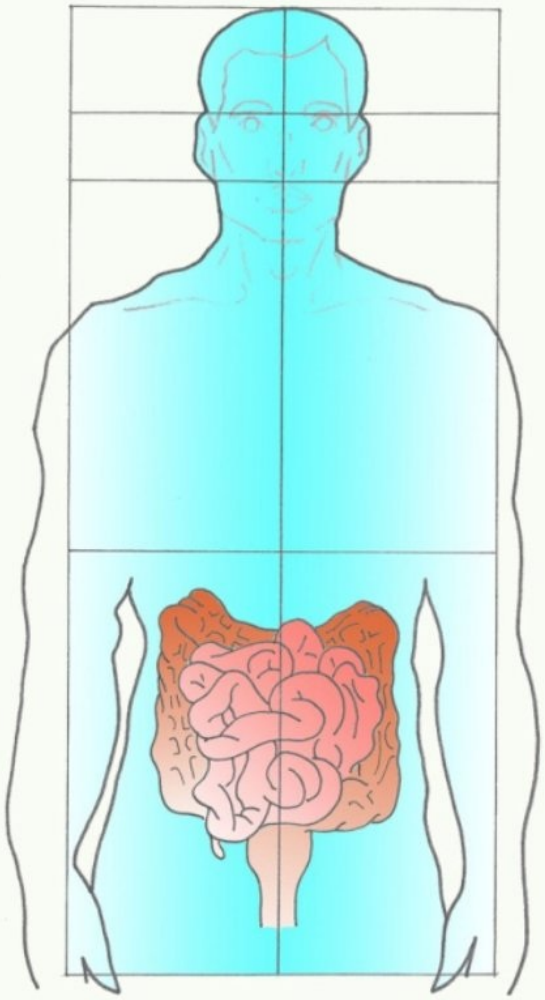


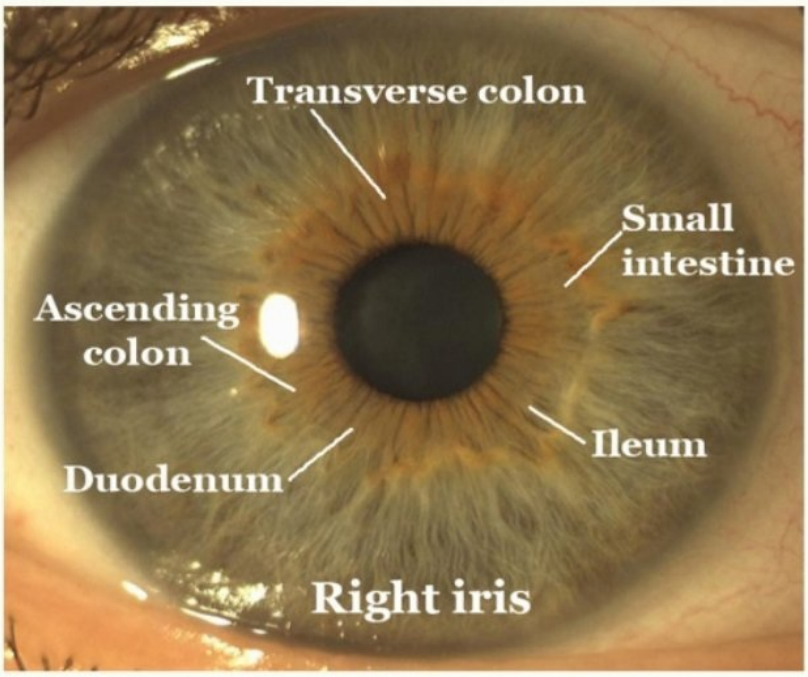
The intestinal ring of the right iris collects the projections of the ascending colon, the transverse right colon and the small intestine. The intestinal ring of the left iris collects the projections of the left transverse colon, the descending colon and the sigmoid colon. The projections of the rectum depart from the intestinal area and develop in the visceral sector of the left iris, alongside the median line (from the nasal side to the temporal side of the median line). Characteristic intestinal ring markings: lacunae, absence or interruption of nerve edge, dark pigments, partial or complete dilation, partial or complete contraction of the

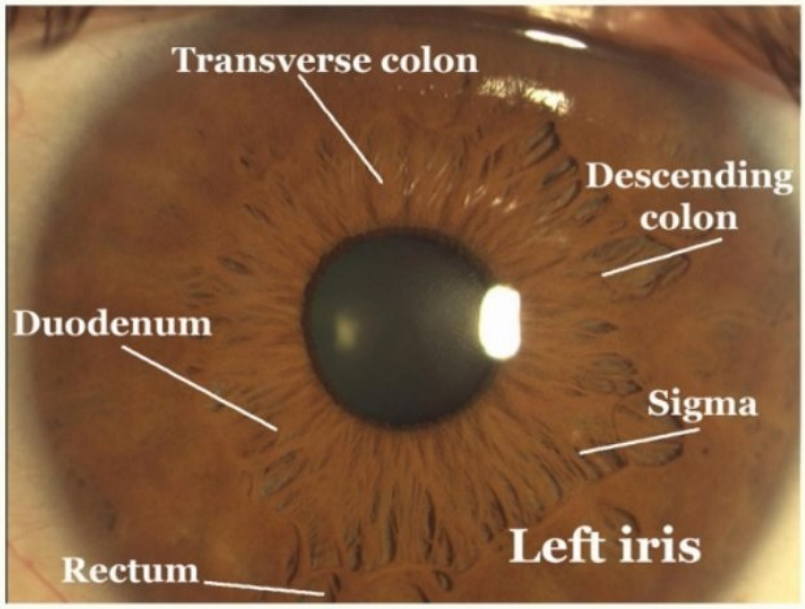
ring’s area.

Intestine

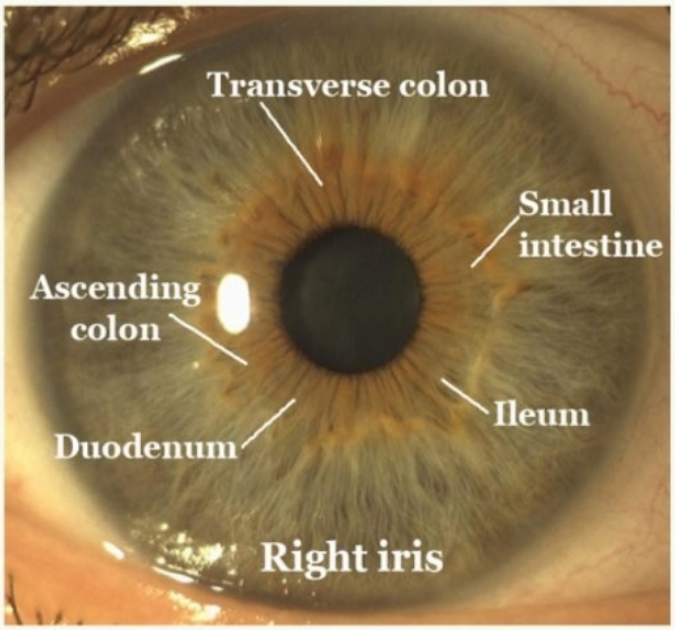


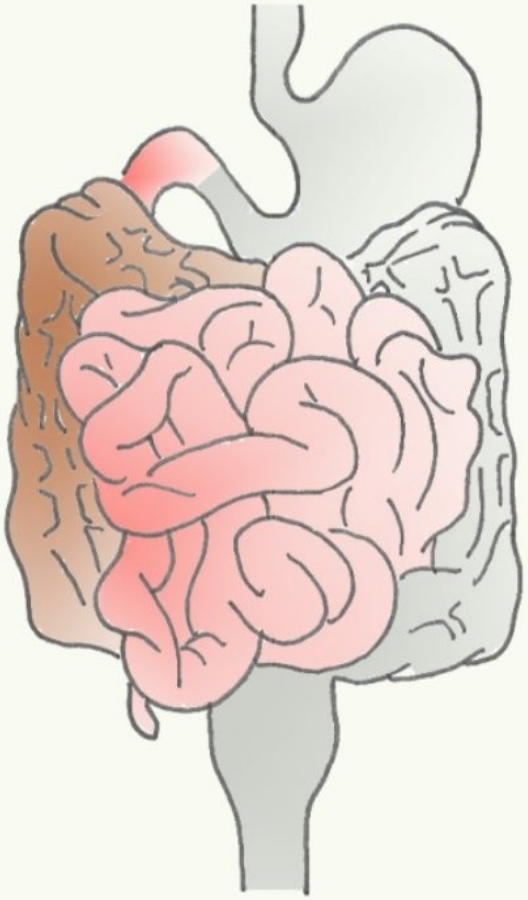



Transverse colon
Small intestine
Ascending colon
Ileum
Duodenum
Right iris

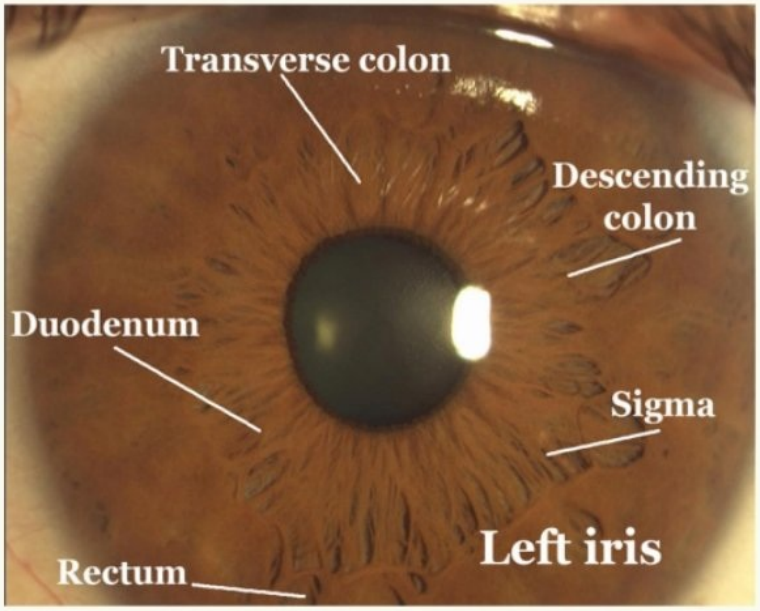

Transverse colon
Descending colon
Duodenum
Sigma
Left iris
Rectum

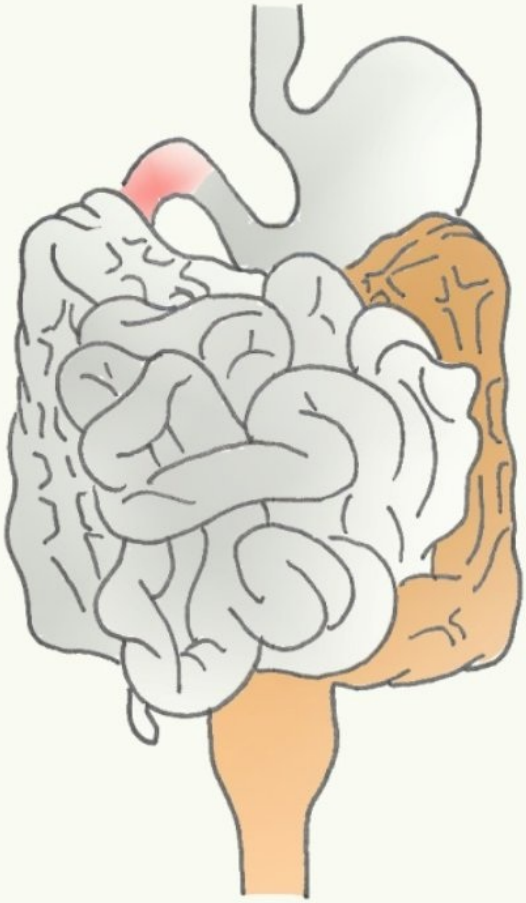
Intestinal ring, right iris





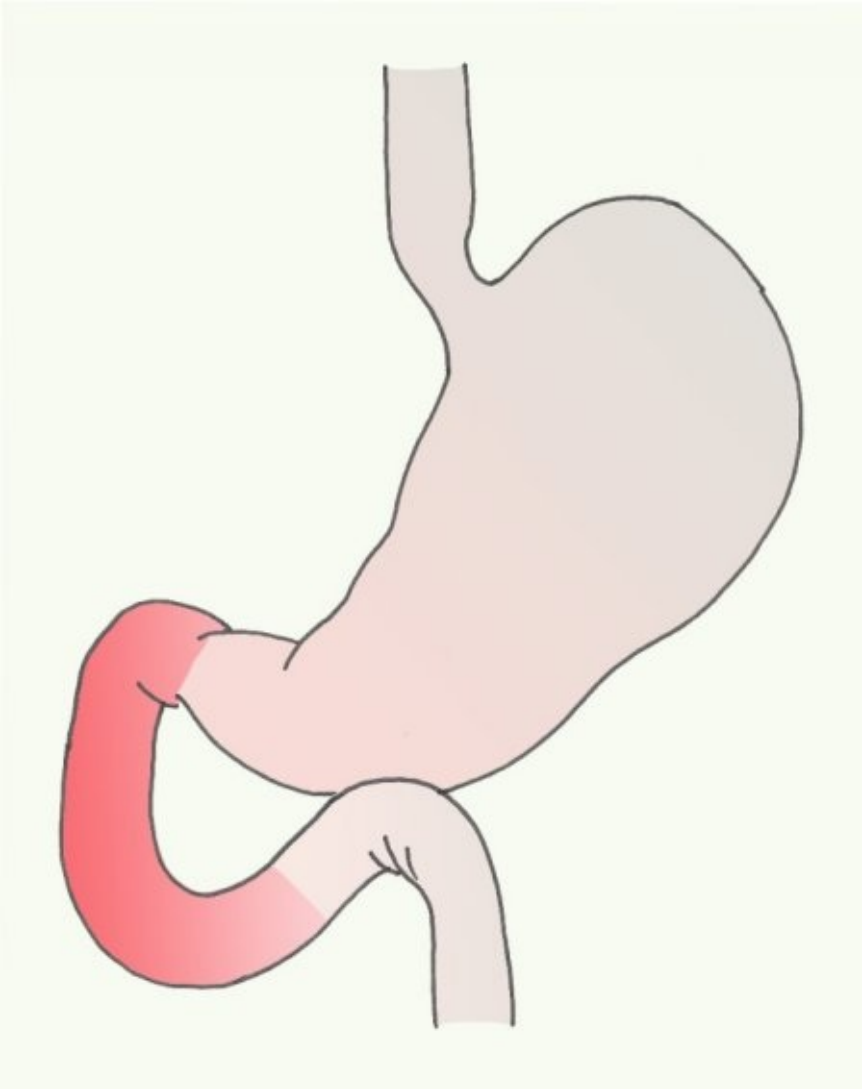
Intestinal ring, left iris





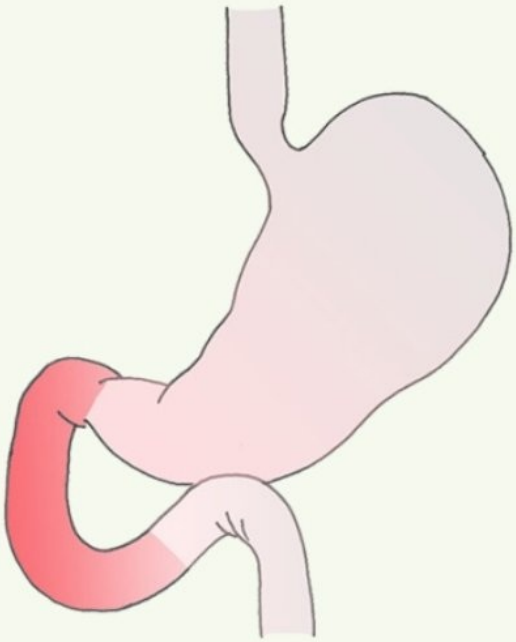
DUODENUM

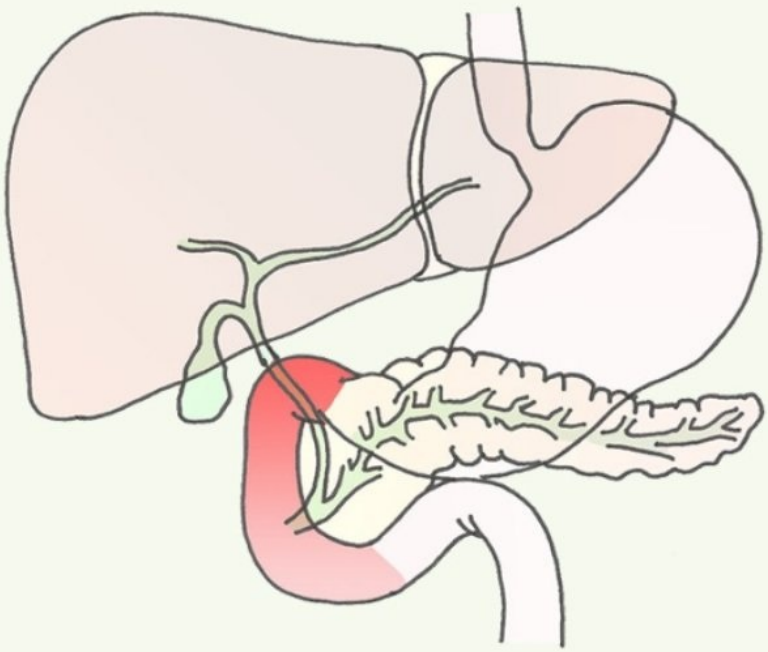
It is the first tract of the small intestine. It is located after the pyloric sphincter and ends in the small intestine's tract called jejunum.



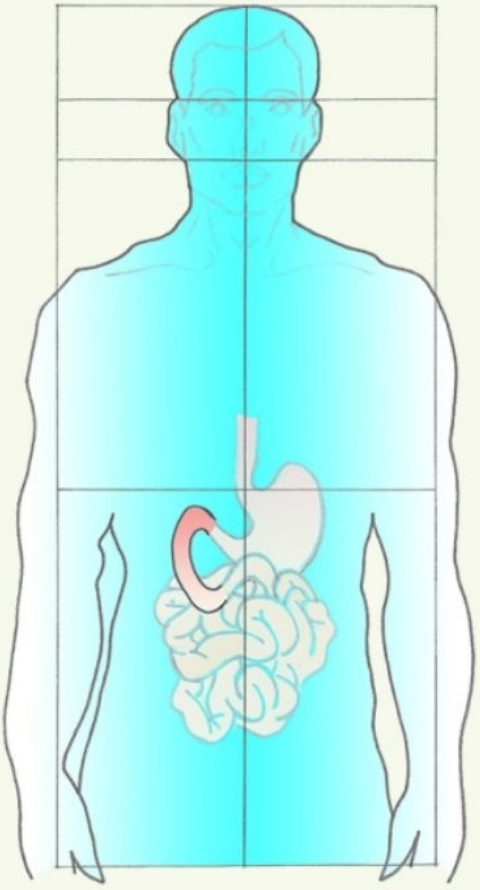
Digestive juices coming from biliary ducts (choledochus) and from pancreatic ducts (Wirsung's duct) flow into the duodenum. Duodenal iridologic signs are usually associated with signs of gastric damage.

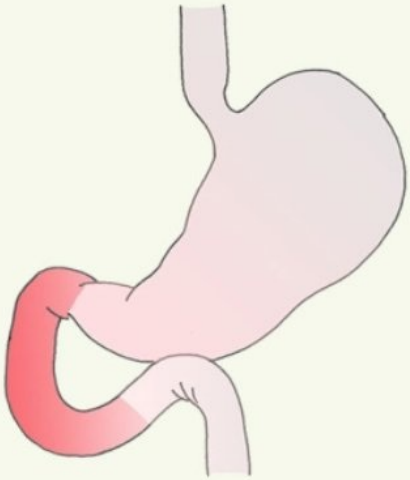
Duodenum

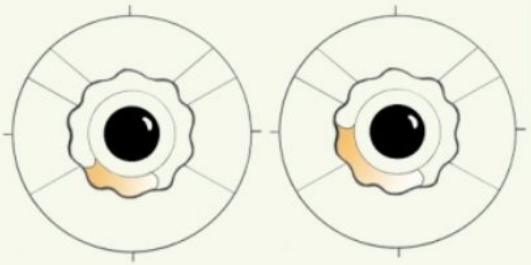


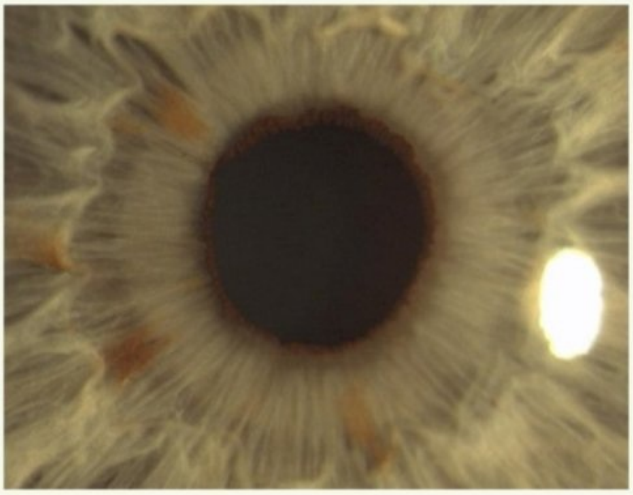


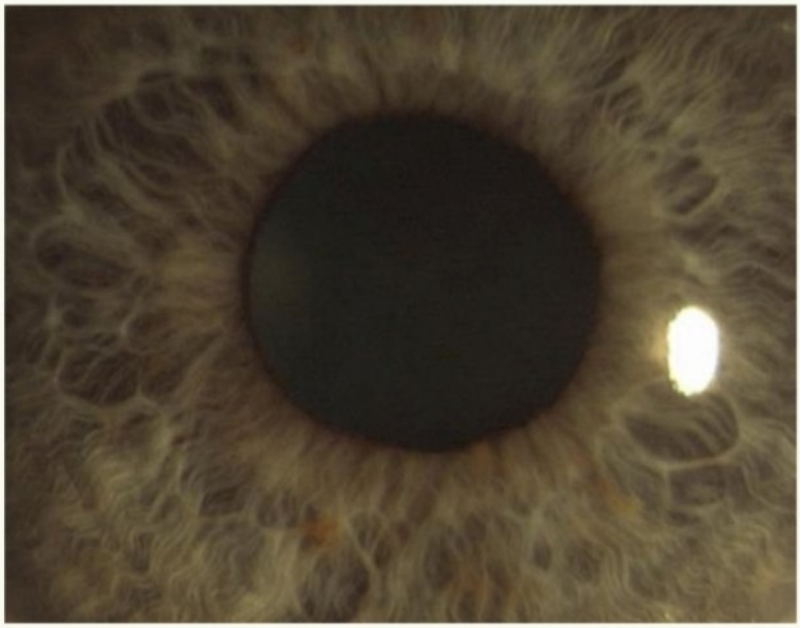
Duodenum



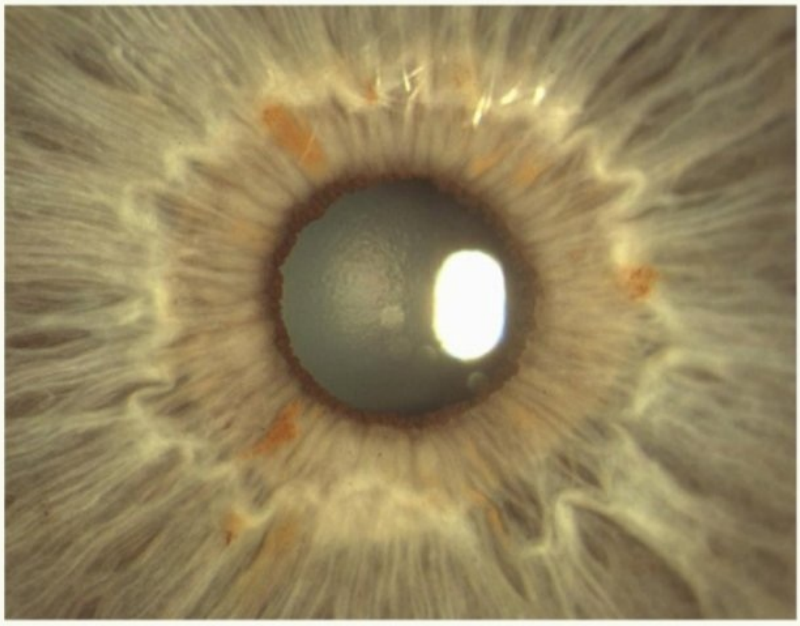








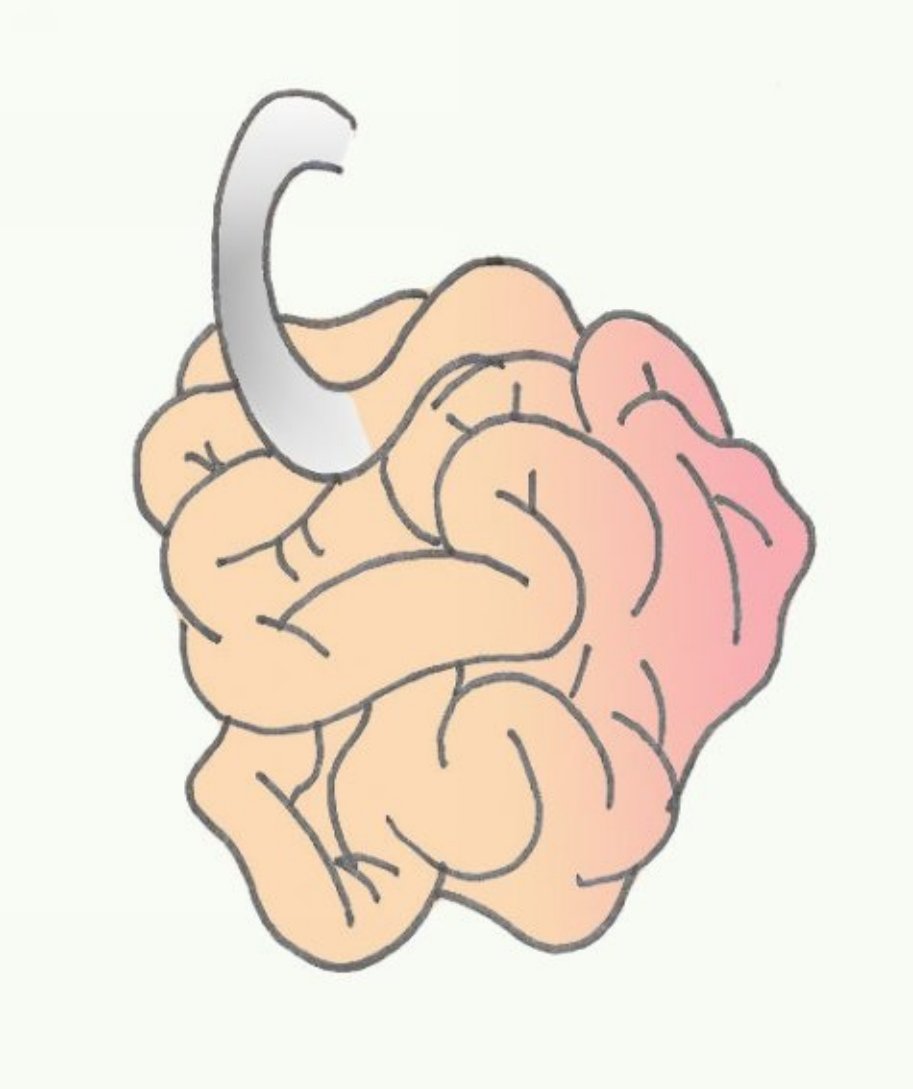
Right iris. Amber coloring of the gastric ring. Wide lacunae in the ascending colon area. Salmon colored pigment in duodenal area.



Left iris. Gastric ring dilated over the entire intestinal area. Three salmon colored pigments, the lower of which in duodenal area.

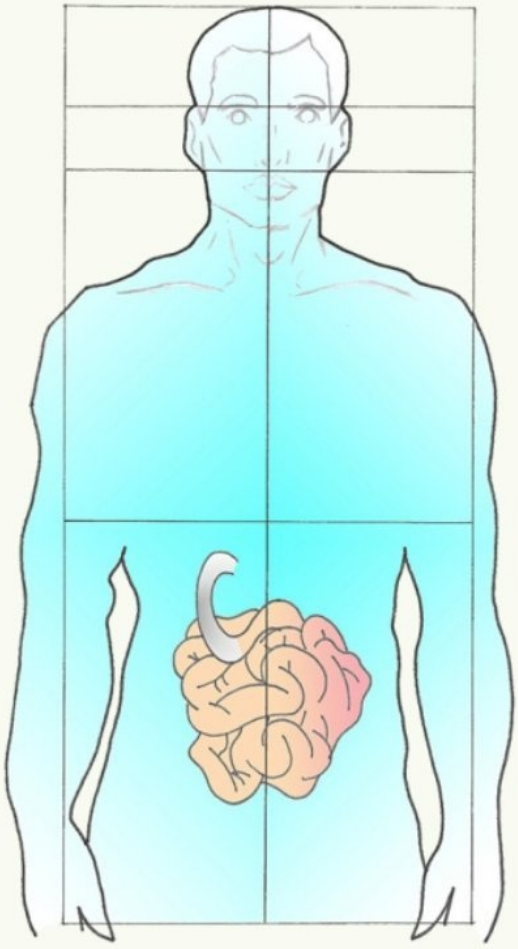
SMALL INTESTINE

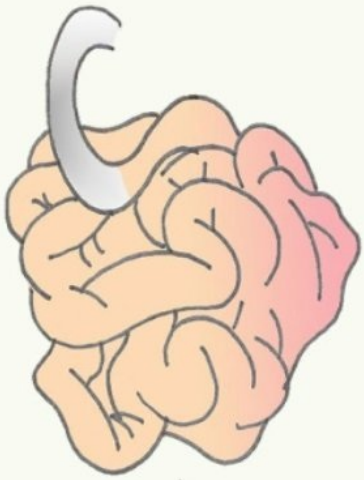
First intestinal tract consisting of three portions: duodenum, jejunum, ileum. Digestive juices coming from liver and pancreas flow into the duodenum.

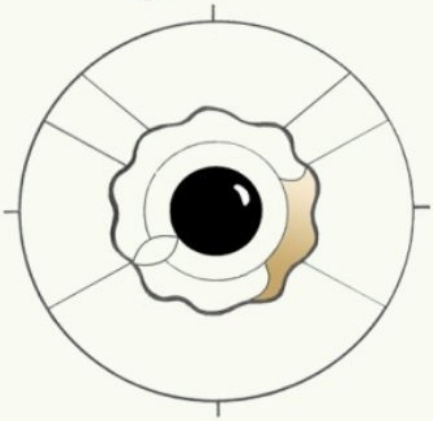


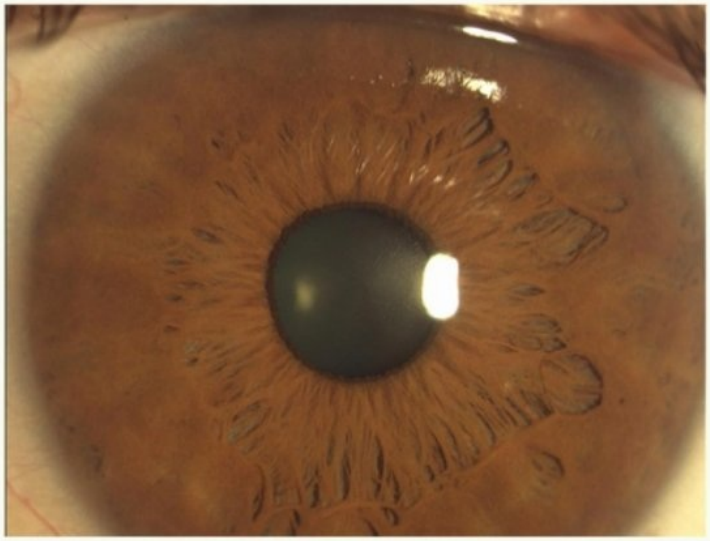
The small intestine ends in the large intestine (colon – rectum), which is the last tract of the digestive tube with the function of re-absorbing liquids and of evacuating faeces. The digestive tube's total length is approximately 7-8 meters.

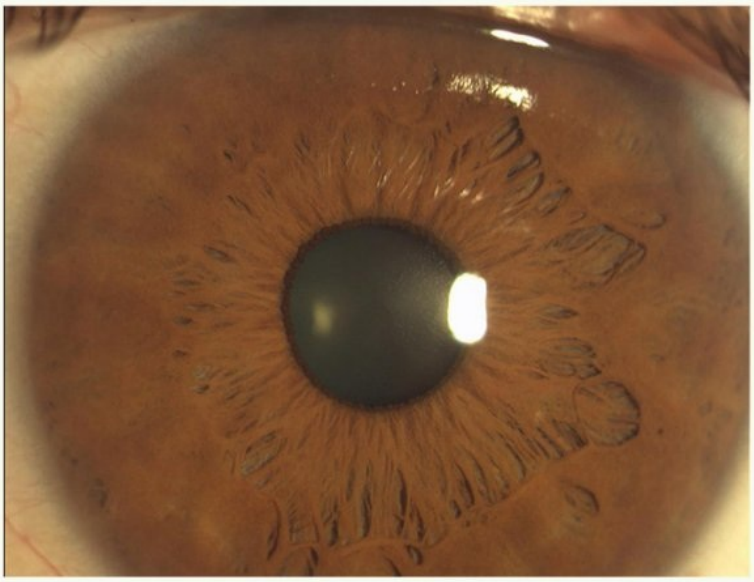
Small intestine right iris



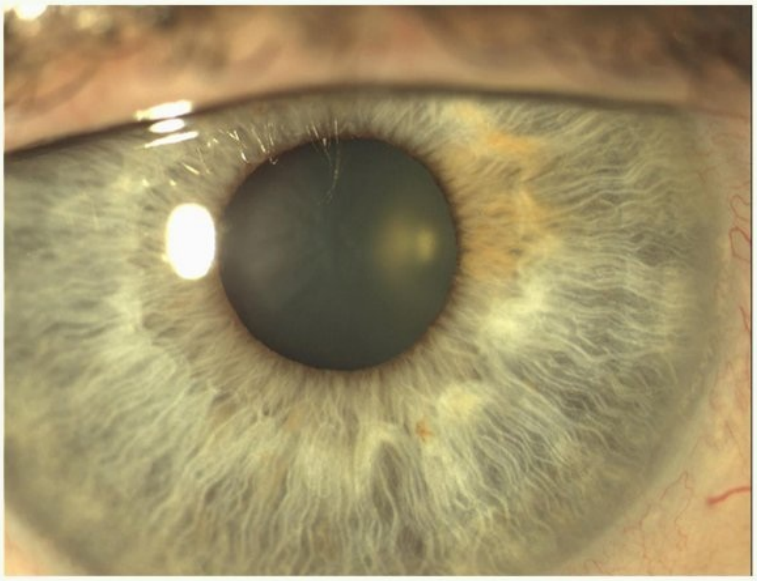








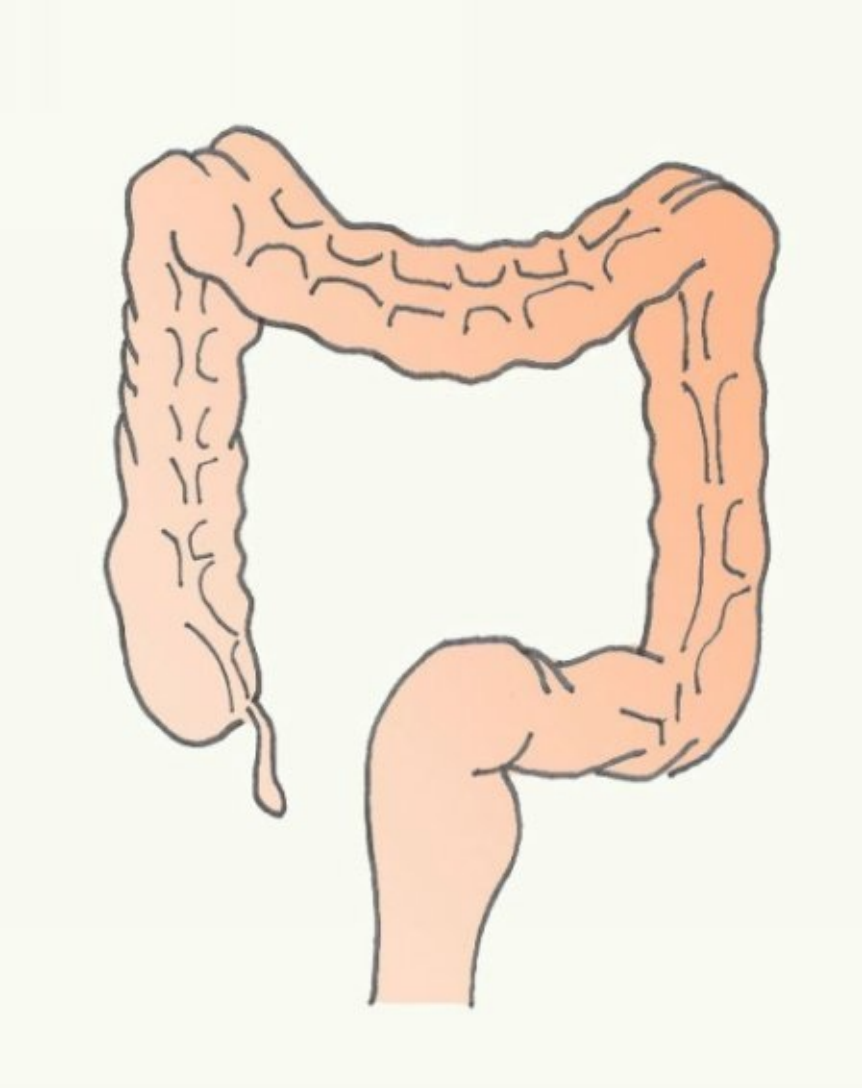
Right iris. Lacunae and thinning in the small intestine projection area (02.00-06:00 o' clock)



Right iris. Bright yellow-orange pigments in the stomach and small intestine projection area

COLON

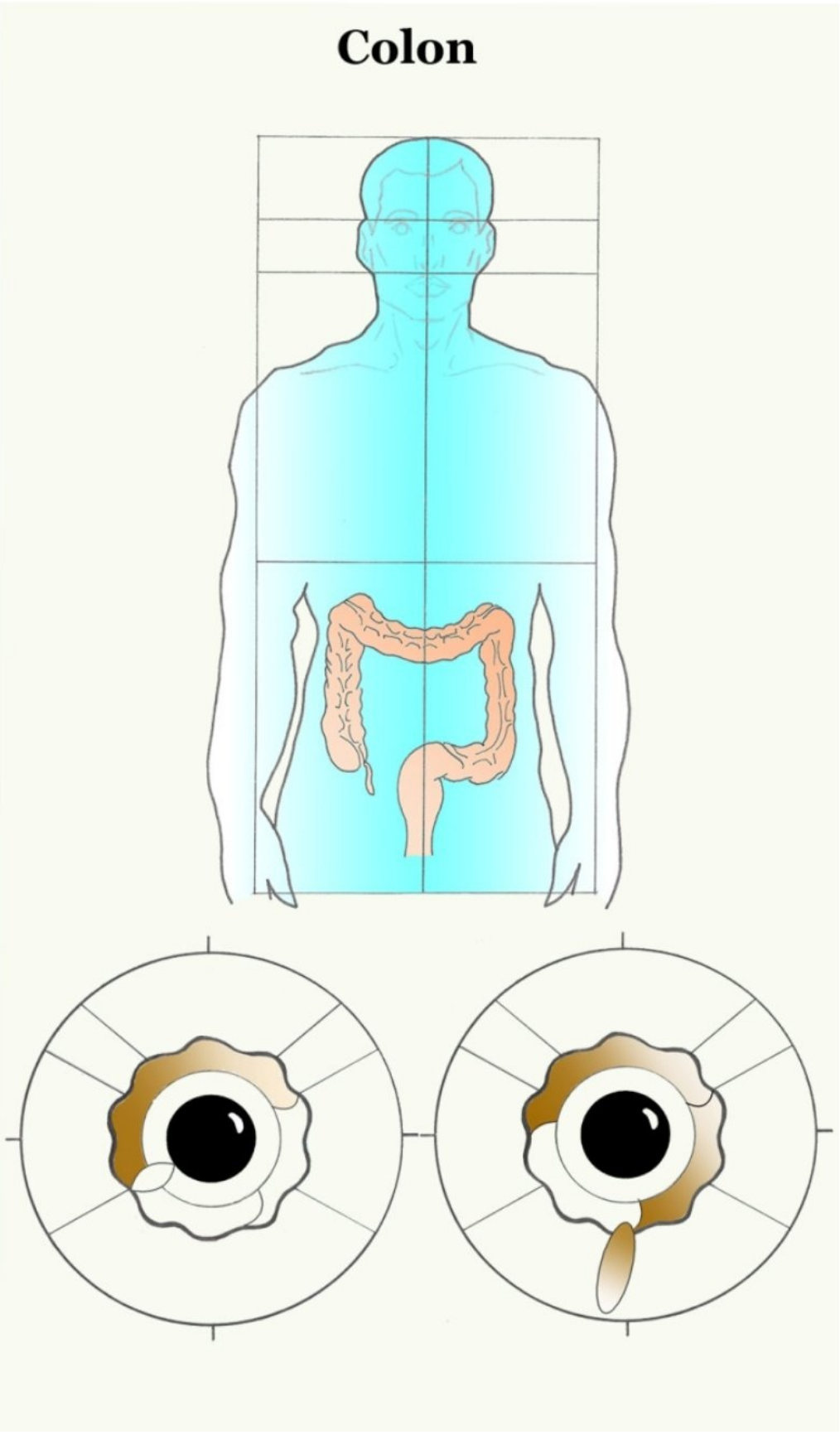
Final tract of the alimentary canal. It begins with the ileo-caecal valve, which regulates the afflux of the intestinal bolus coming from the small intestine, and ends in the rectum.



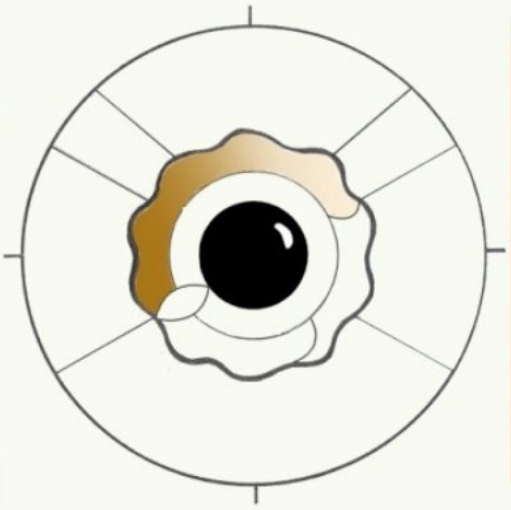
It starts in the lower right abdomen (iliac fossa); the first tract goes upward (ascending colon), it continues on a transversal trajectory (transverse colon) and, once it has reached the left side, it goes downward (descending colon); its last portion deviates medially (sigmoid colon or sigma) and merges into the rectum. The colon has the double function of re-absorbing the noticeable mass of water necessary for digestion and of regulating evacuation. The iridological projections

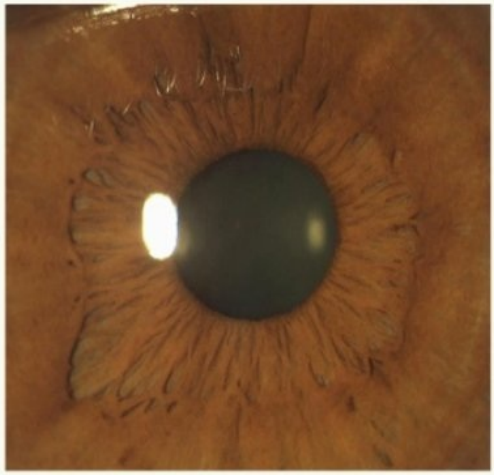
of the colon are found in the intestinal ring of both irises.

Colon

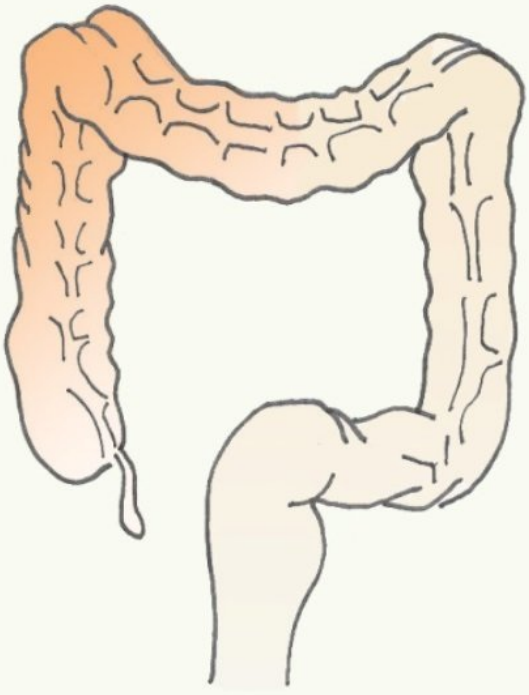


Right colon

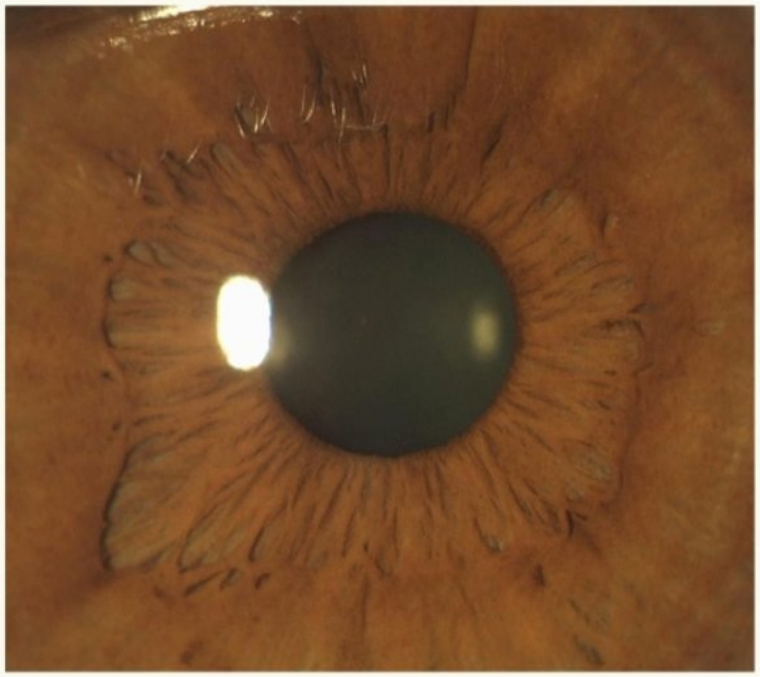




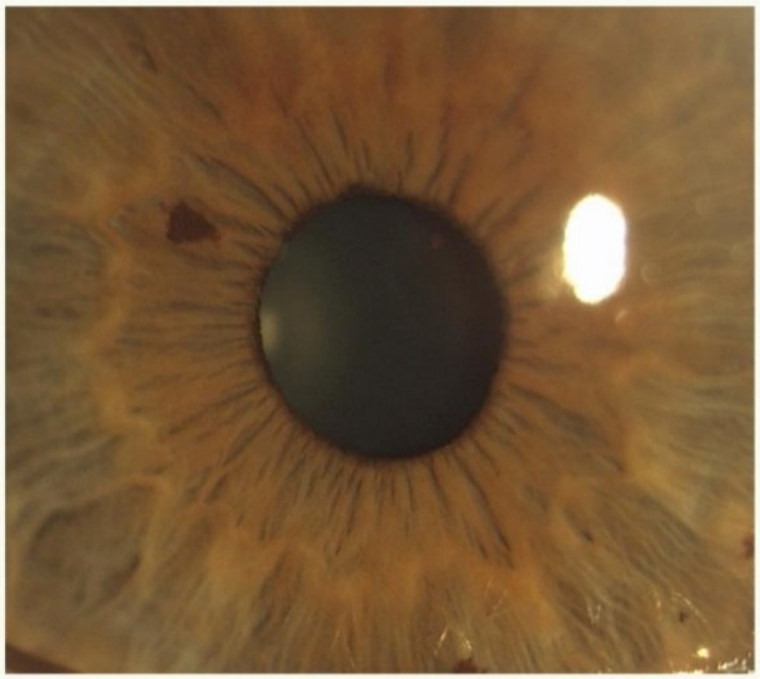
Right iris



Right colon: 08:00-02:00 o'clock

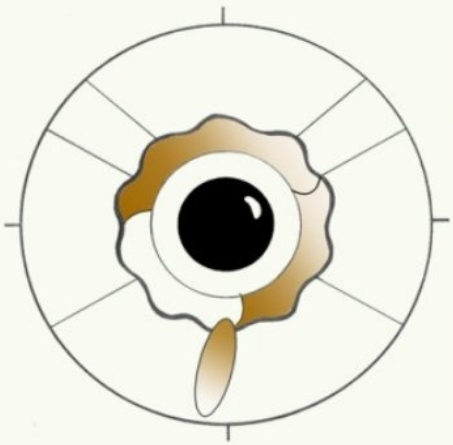


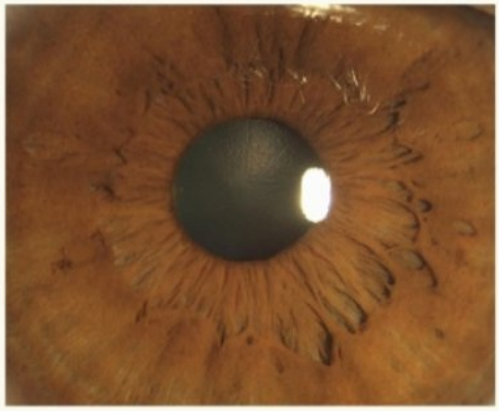
Right iris. Wide lacuna and dilation in the collarette's ascending colon projection area



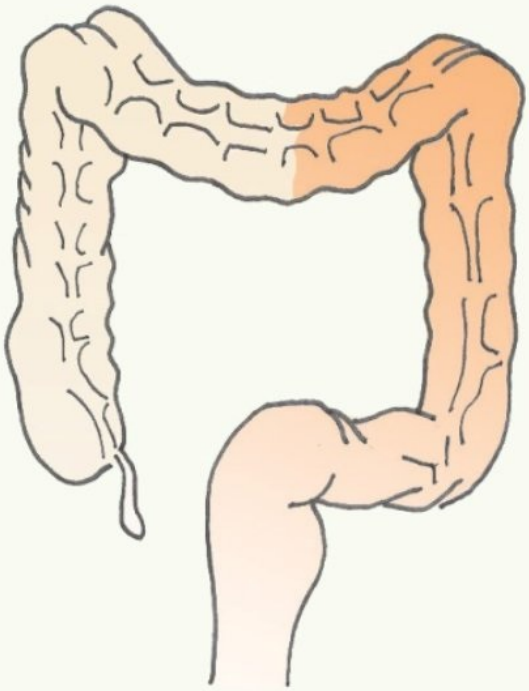
Right iris. Brown pigment in the collarette's colon flexure projection area

Left colon, sigma, rectum

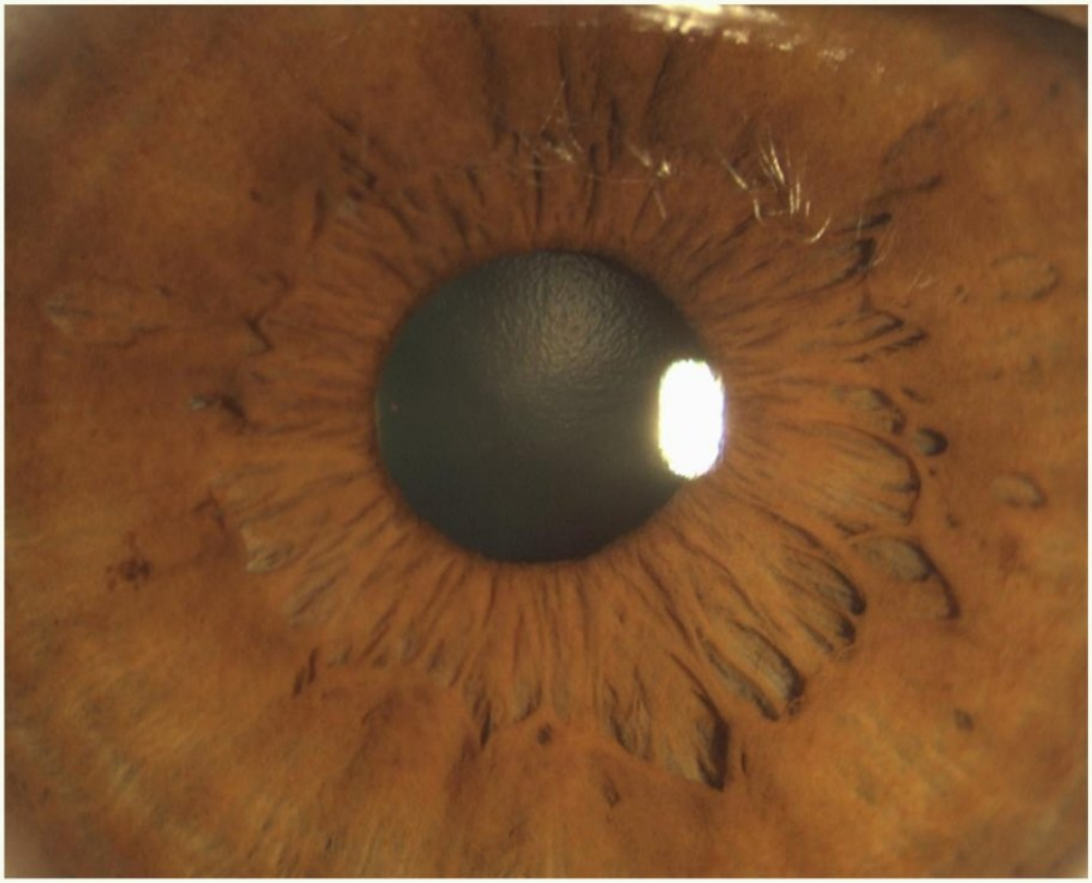




Left iris

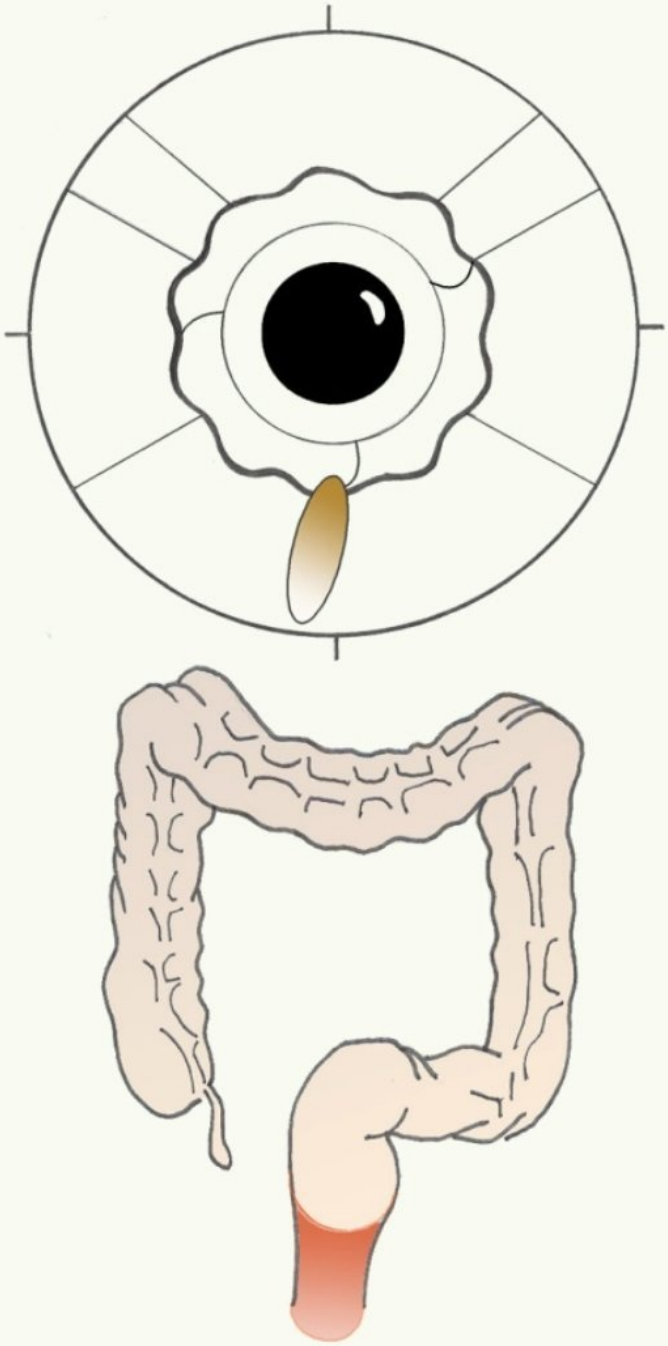


10:00-06:00 o'clock

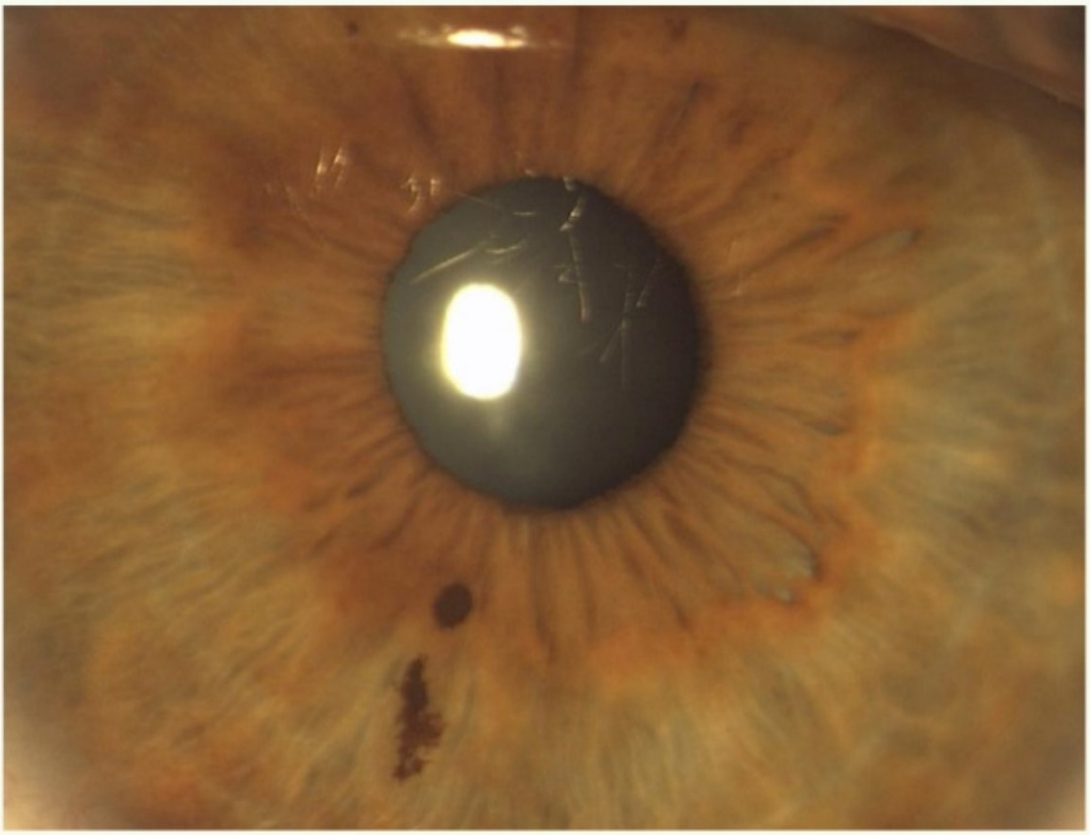


Left iris. Lacunae and thinning corresponding to the projection areas of the descending colon and sigma

Rectum left iris

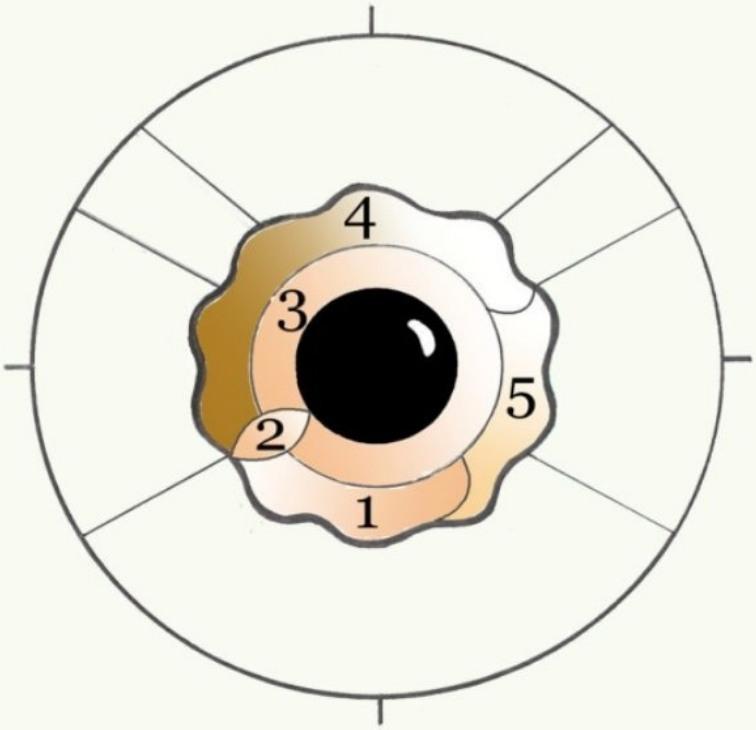


From intestinal ring 06:30 o'clock
to ciliary body 07:00 o'clock



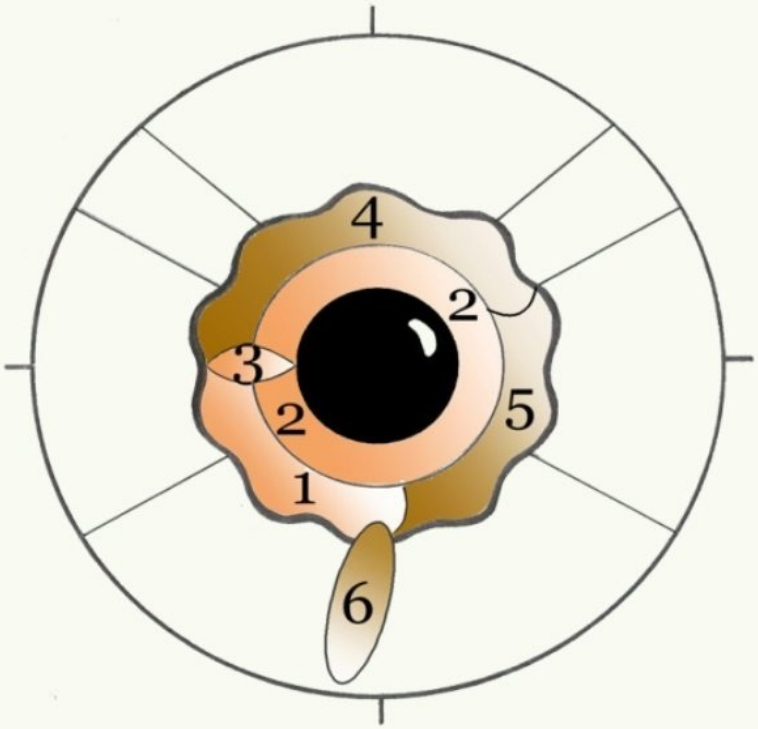
Left iris. Brown pigments in the rectum projection area that cross the nerve edge from the intestinal ring to the visceral sector (07:00 o'clock)

Right Iris Central Sector

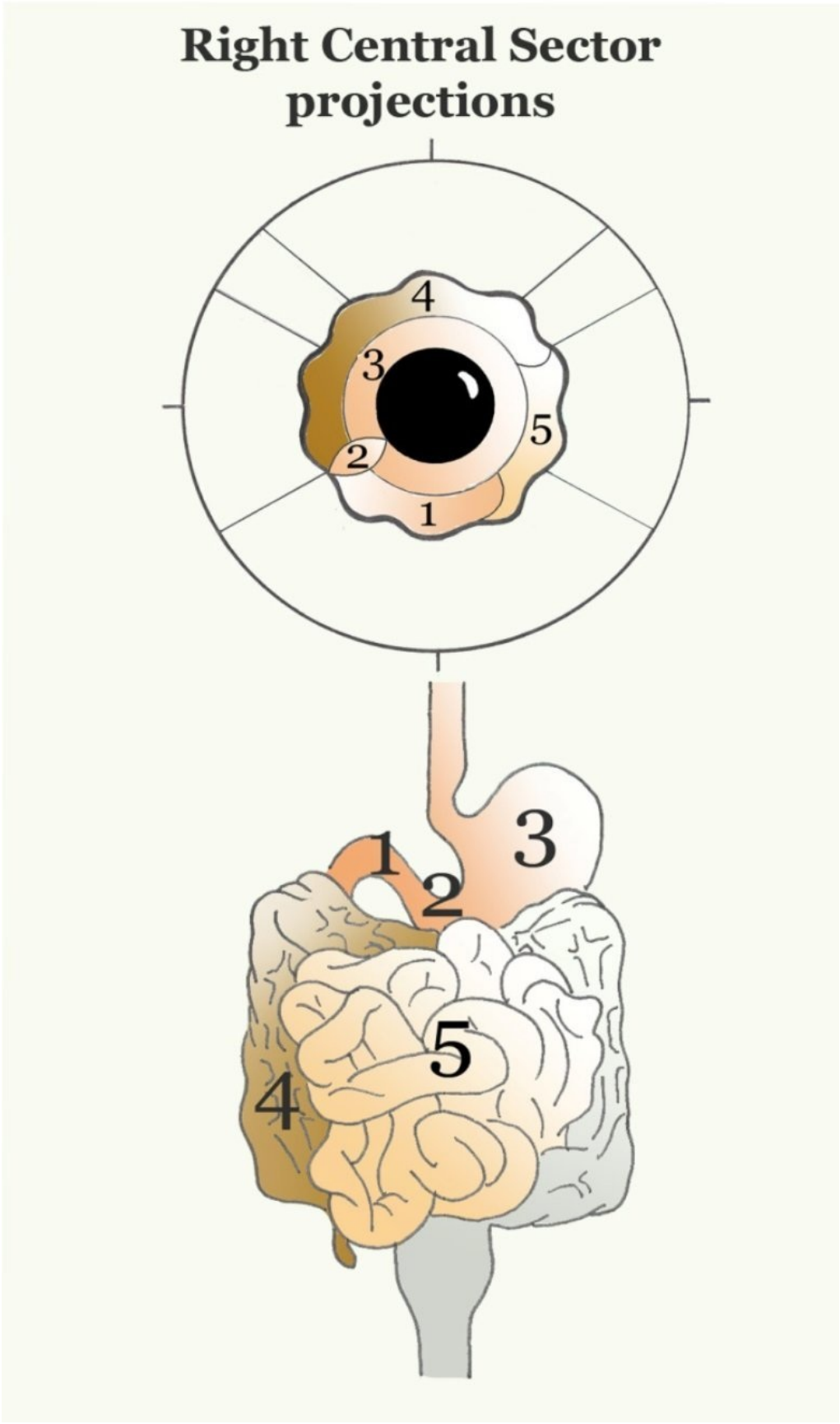


1	duodenum
2	pylorus
3	stomach
4	ascending colon and right transverse colon
5	small intestine

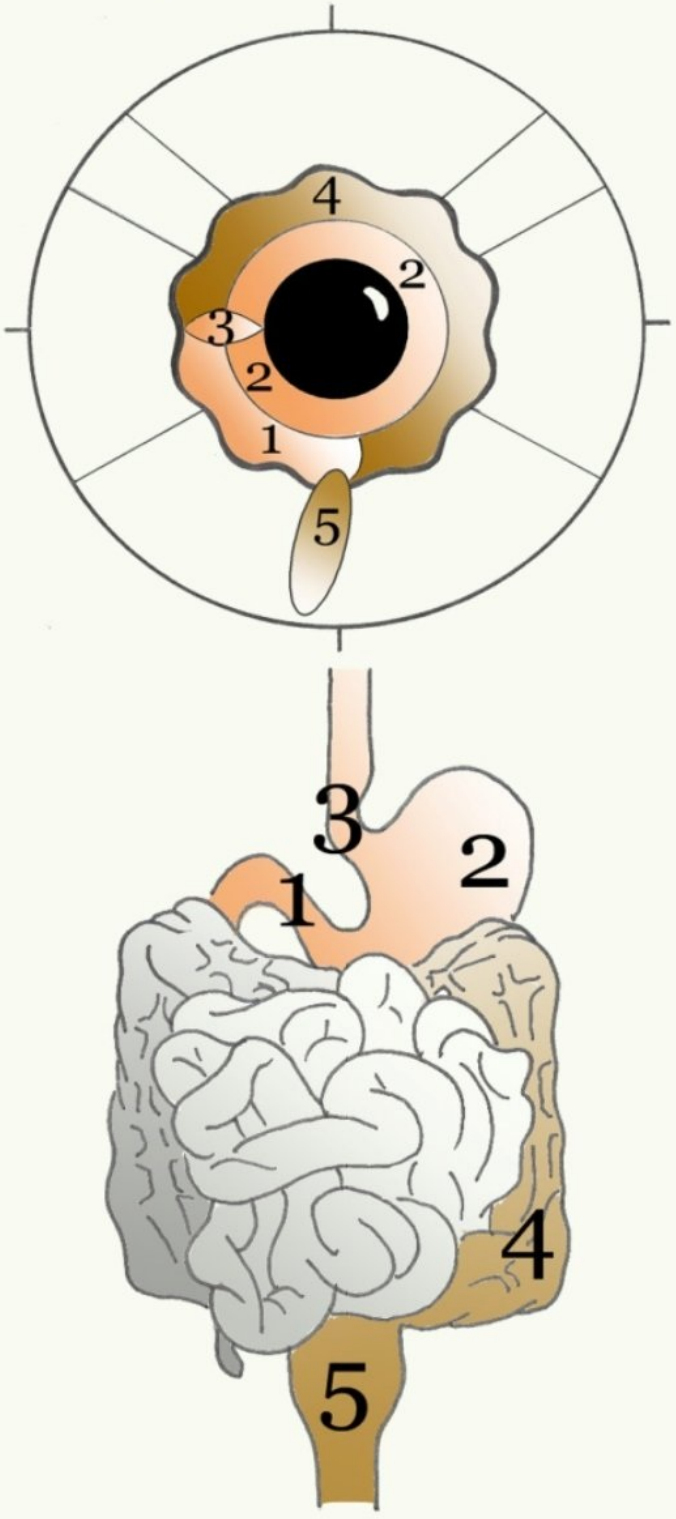
Left Iris Central Sector



1	duodenum
2	stomach
3	cardias
4	left transverse colon
5	descending colon/sigma
6	rectum


Right Central Sector
projections
4
3
5
2
1
1
3
2
5
4

Left Central Sector projections



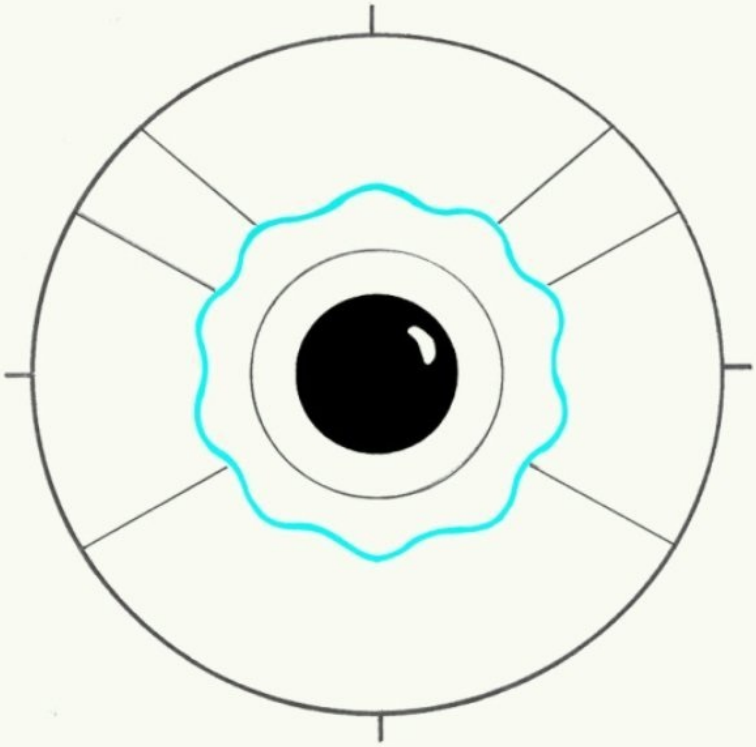
NERVE EDGE. AUTONOMIC NERVE EDGE

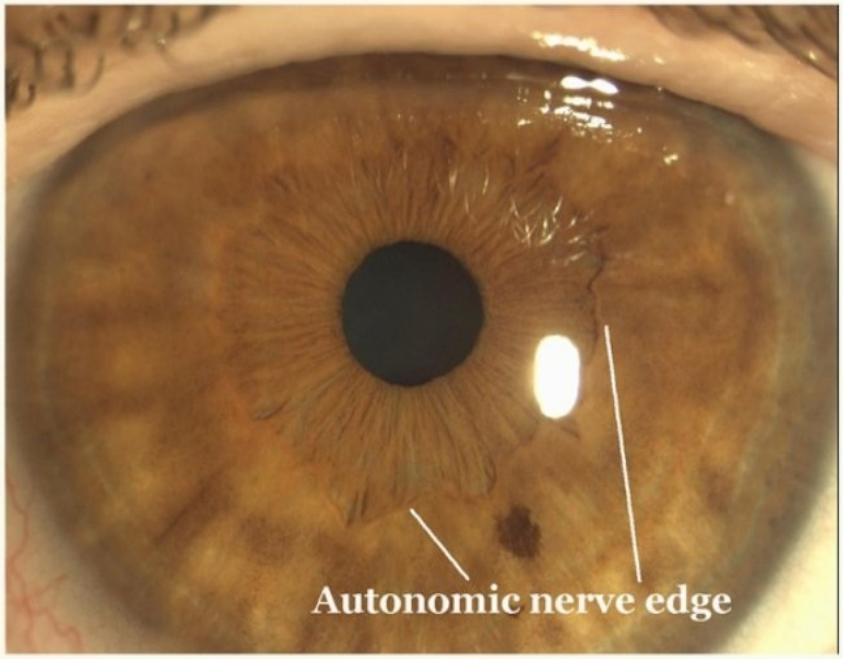
The nerve edge is the ring that circumscribes the collarette. It is also called autonomic *ring, autonomic nerve edge, neurovegetative edge, neurovegetative ring.*

A visible and continuous nerve edge (normoplastic) testifies a good autonomic nervous system balance.

The nerve edge's dimensions and morphology provide information on the autonomic nervous system, on intestinal functions and on the relations between the intestine and other organs.

Autonomic nerve edge

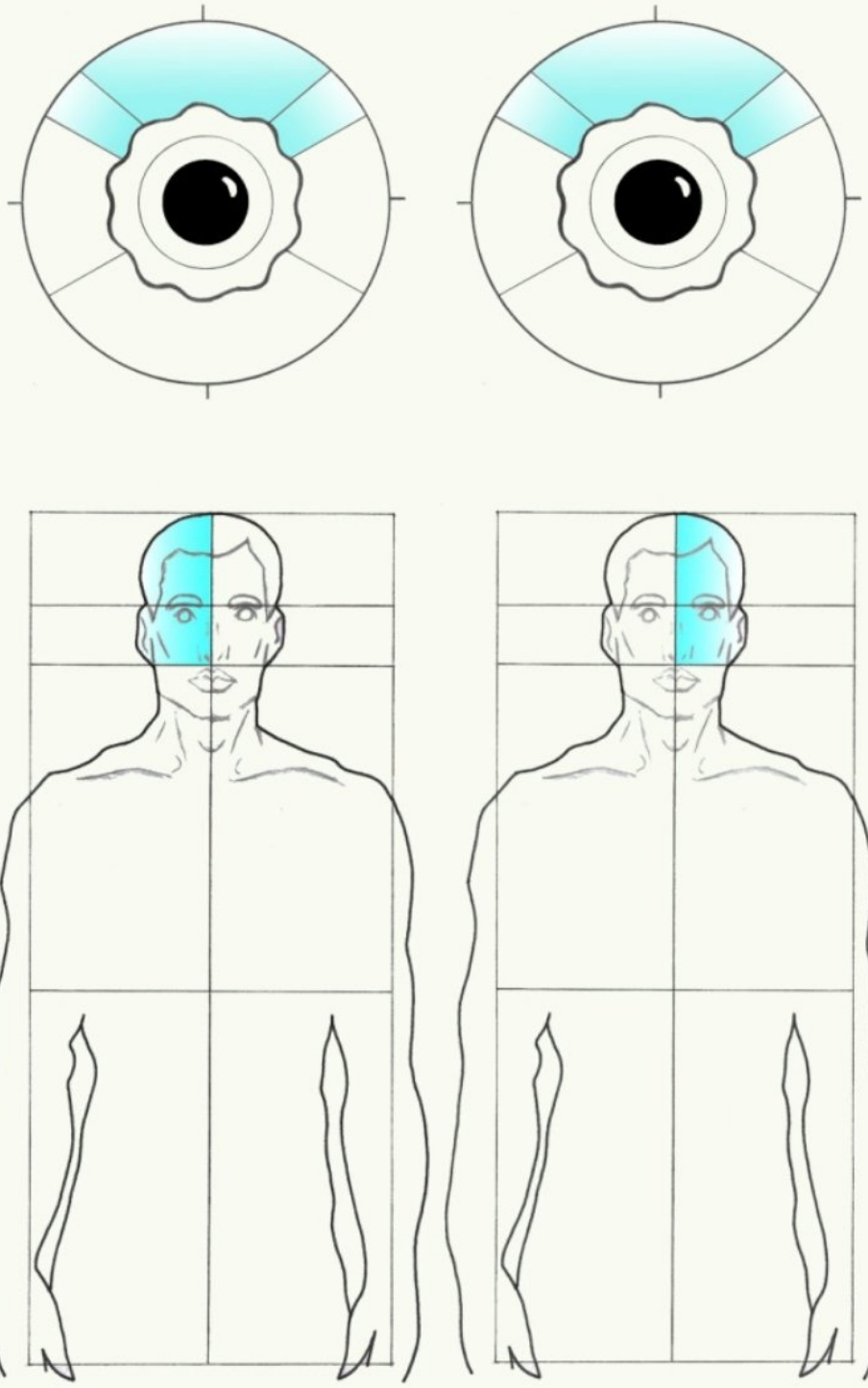




FRONTAL SECTORS (UPPER SECTORS)

The frontal sector of the two irises collects the projections of the two cerebral hemispheres, the cerebellum, the eyes and ears. The frontal median area of the third circular ring leaning against the nerve edge, called glandular ring, reflects the projections of the pituitary and pineal glands.

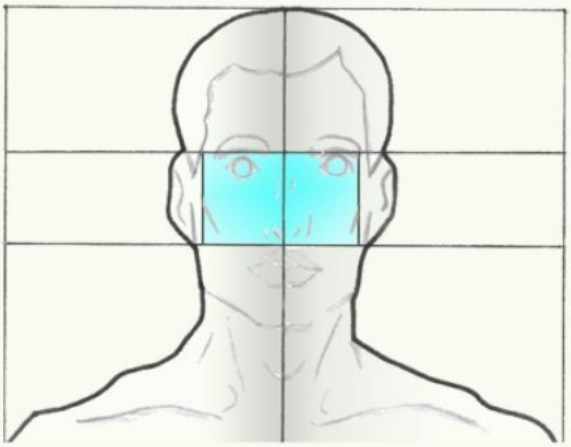
Frontal sectors

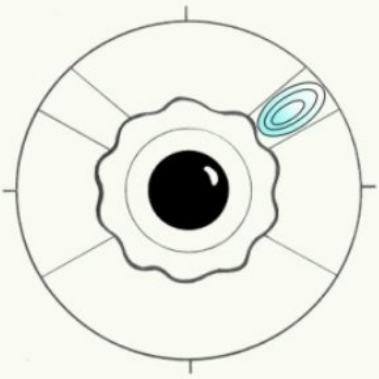


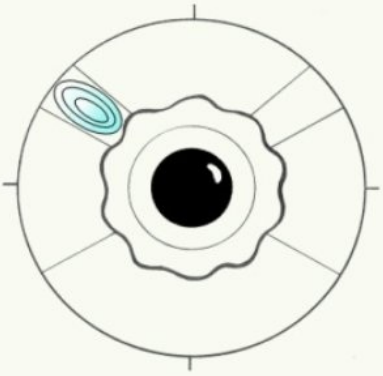
NOSE, ORBITS, CRANIAL SINUSES

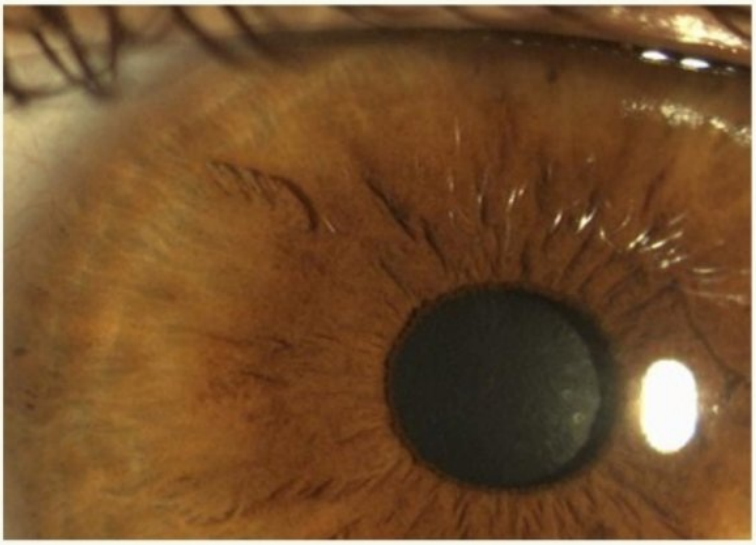
Organs and bones corresponding to the central portion of the anterior cranium (facial bones): nose, orbits, cranial sinuses (nasal, frontal, maxillary sinuses).
The projections of nose, orbits and cranial sinuses in the irises are in the border area of the frontal sector ending in the nasal sectors.

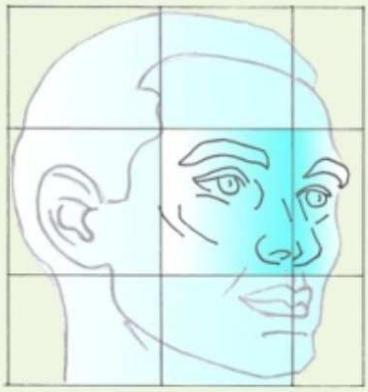
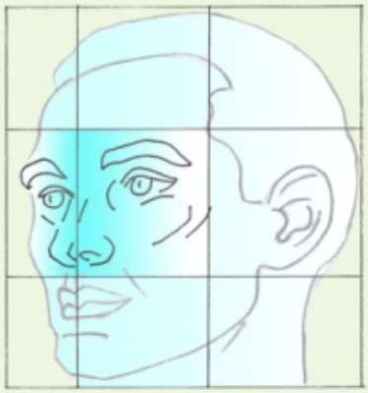
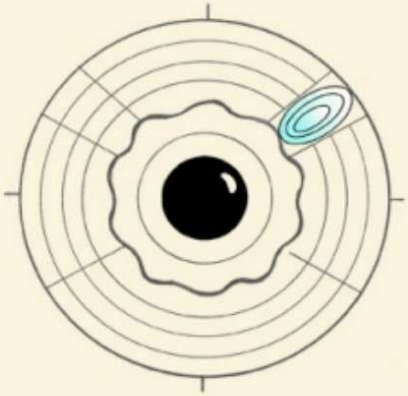
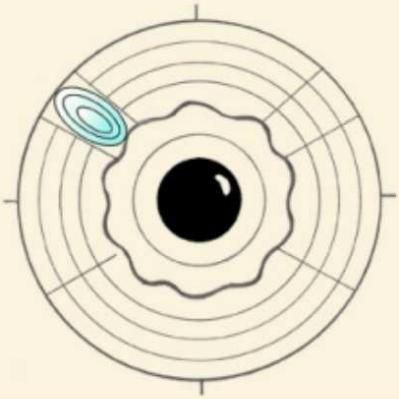
Nose, orbits, cranial sinuses

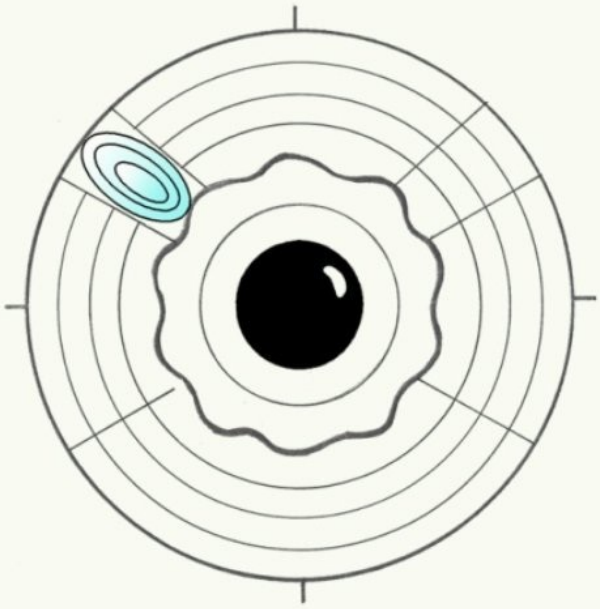


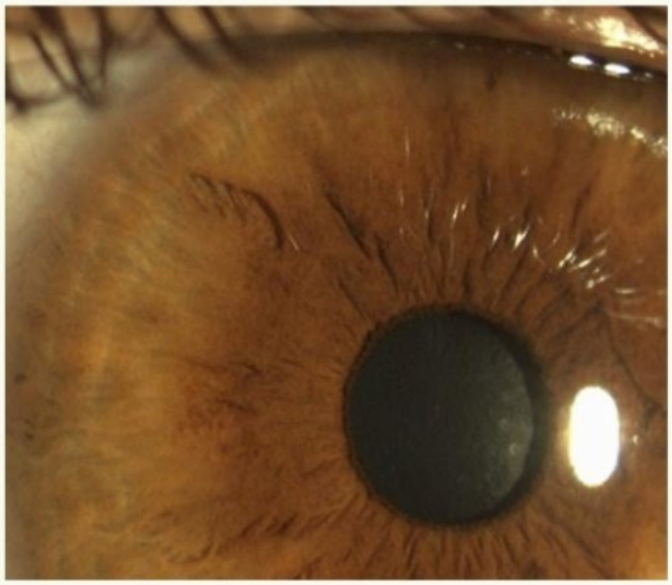






	
	
Right iris **right orbit,** **right half nose,** **right cranial sinuses** **01:15-02:00 o'clock** **third,forth, fifth, sixth** **circular rings**	**Left iris** **left orbit,** **left half nose,** **left cranial sinuses** **10:00-10:45 o'clock** **third, forth, fifth, sixth** **circular rings**



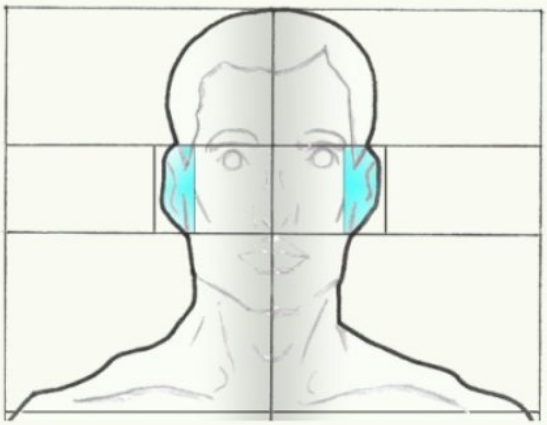


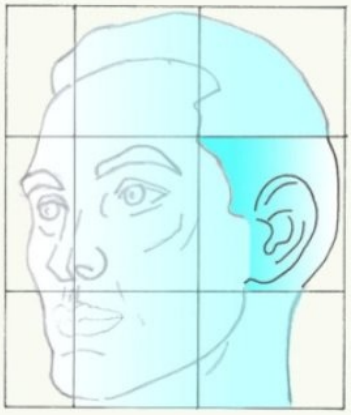
Left iris. Lacuna with transversal fibers at 10:00 o'clock

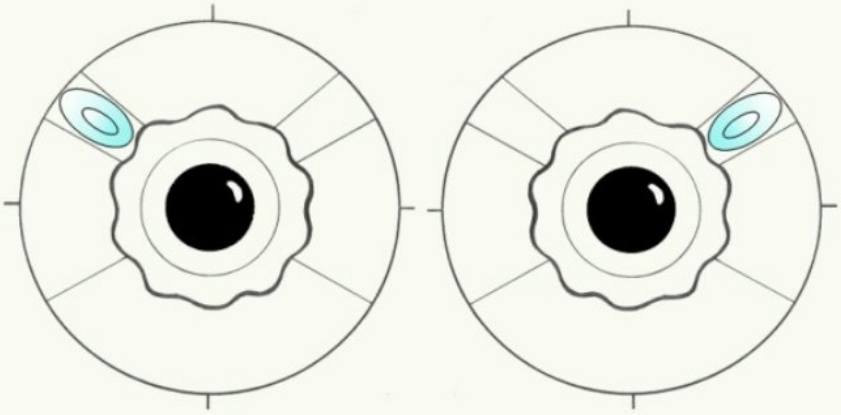
EAR, MASTOID, NAPE

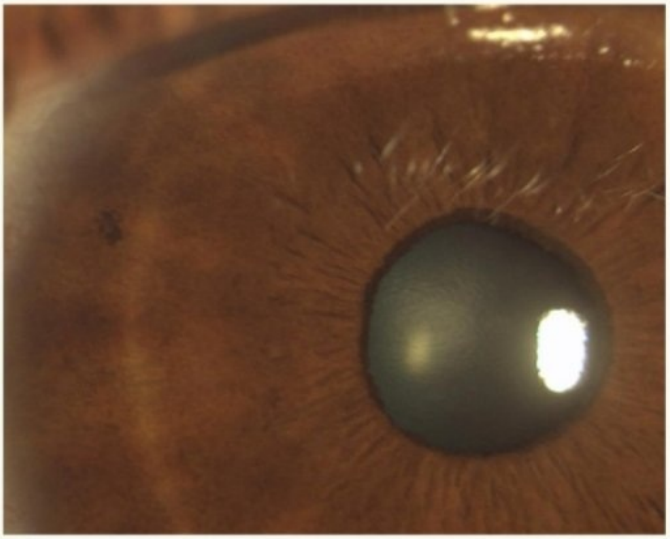
Organs and bones corresponding to the cranium’s right and left sides. The projections of ear, mastoid and nape in the irises are in the border area of the frontal sector ending in the temporal sectors.

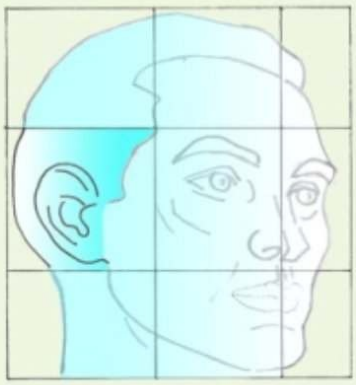
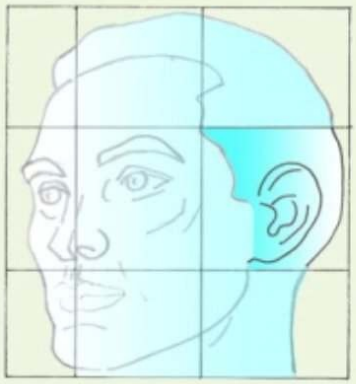
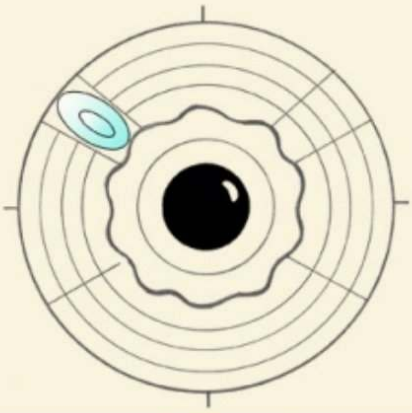
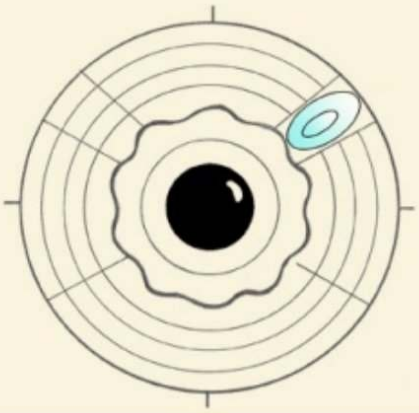
Ear, mastoid, nape

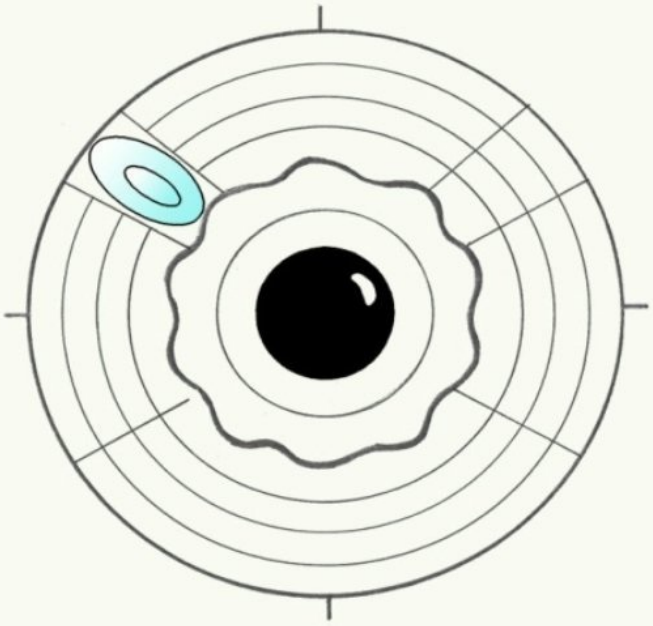


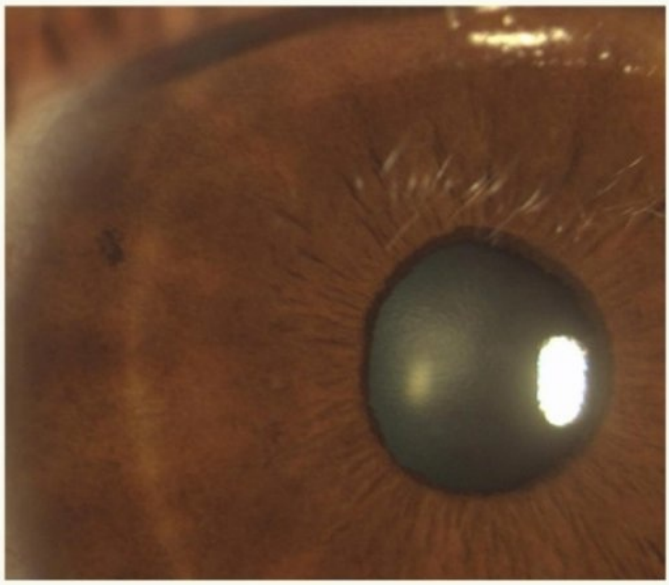






	
	
Right iris **right ear, mastoid, nape** **10:00-10:45 o'clock** **third,forth, fifth, sixth circular rings**	**Left iris** **left ear, mastoid nape** **01:15-02:00 o'clock** **third, forth, fifth, sixth circular rings**

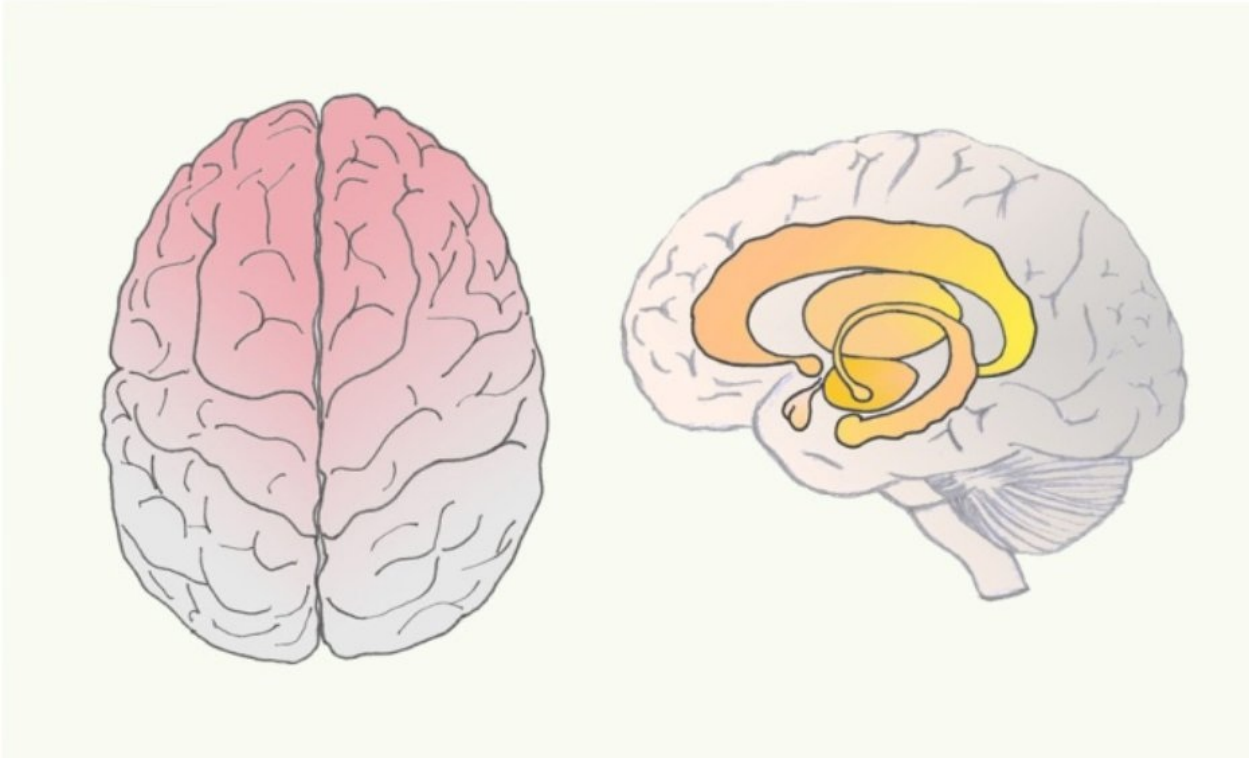




Right iris. Little dark brown pigment at 10:00 o'clock, fifth circular ring

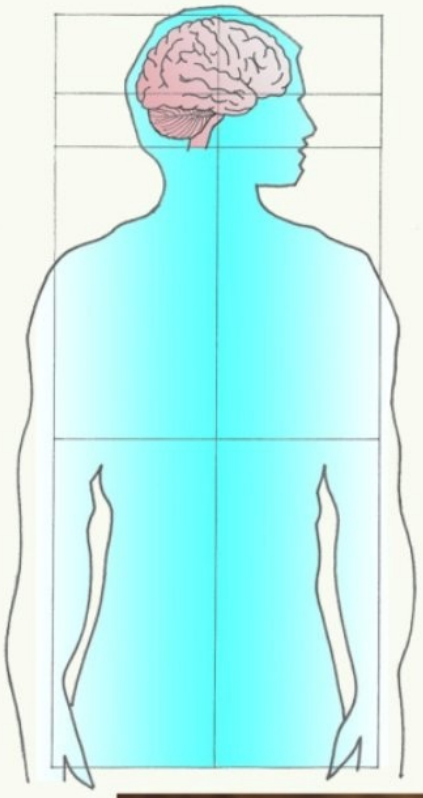
ENCEPHALON (brain)

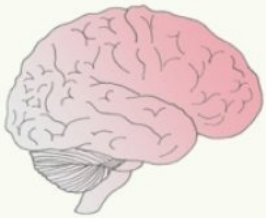
Organ located in the cranial theca. It is part of the Central Nervous System consisting of the two cerebral hemispheres, the diencephalon (central portion common to both cerebral hemispheres), the cerebellum and the brain stem.

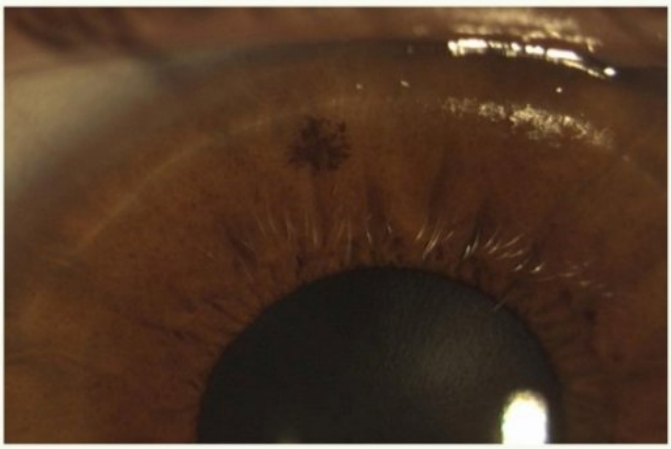


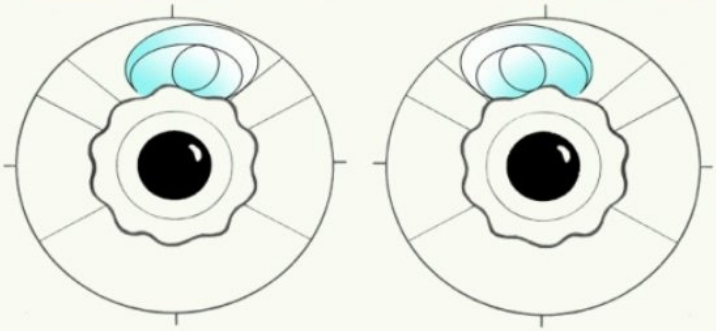
The brain stem is the basis of the brain that continues in the spinal medulla and it is constituted by the midbrain, the pons and the medulla oblongata. In the encephalon, motor, sensory and associative regulations take place. The encephalon governs fundamental vital functions such as motion, balance, pain, sight, hearing, taste, smell, touch and emotional responses (mood, fear, aggressiveness, social interaction). The projections of the brain are found in the frontal sector of both irises from 11:00 to 01:00 o'clock. The central portion closer to the nerve edge corresponds to the diencephalon (thalamus, hypothalamus, limbic system) and to the pituitary and pineal glands. The upper portion corresponds to the cerebral hemispheres.

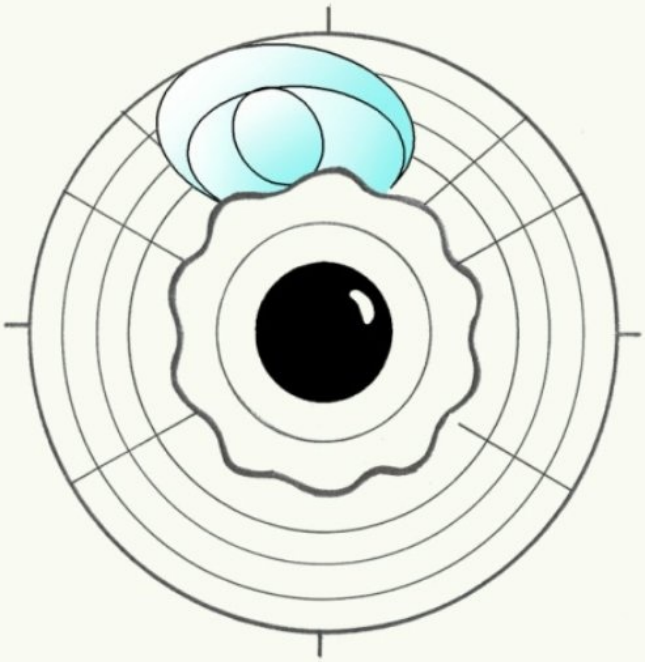
Encephalon

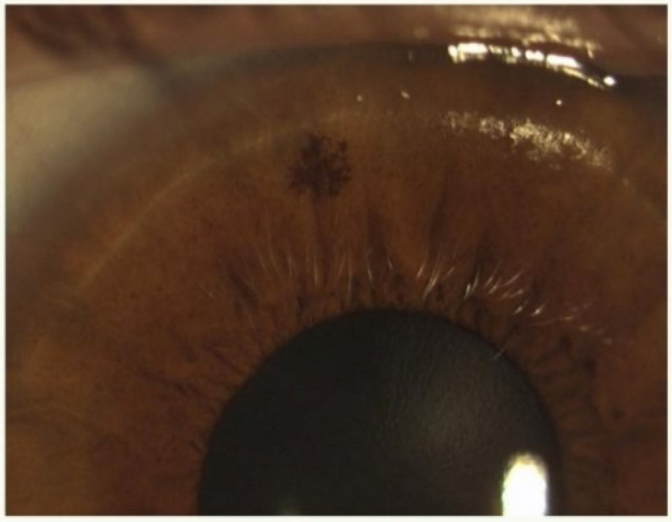










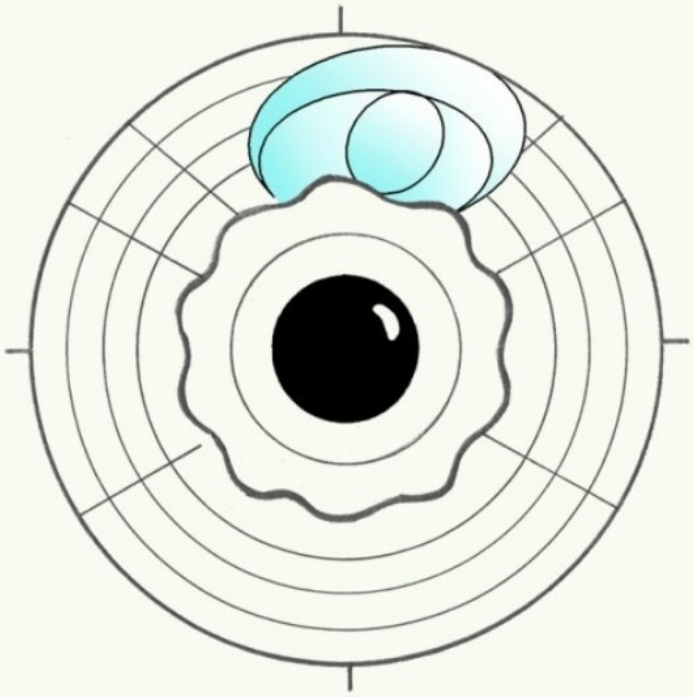


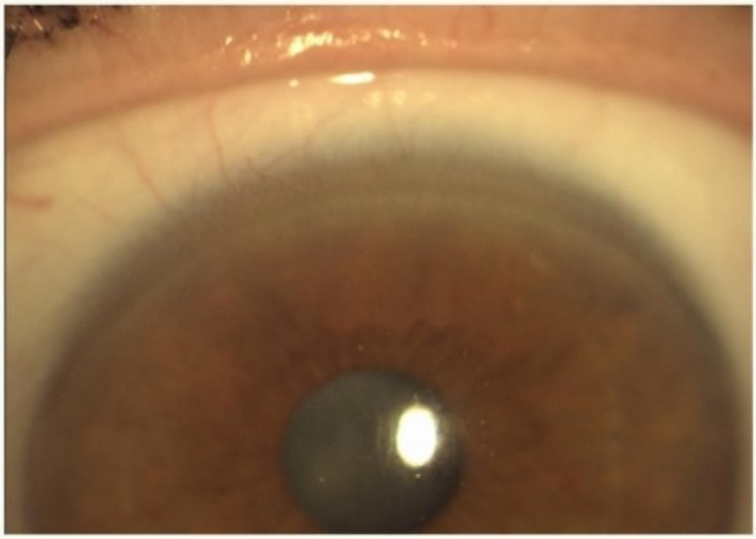
Left iris.
Dark brown pigment
at 11:30 o'clock
forth and fifth circular rings

CEREBRAL EMISPHERES

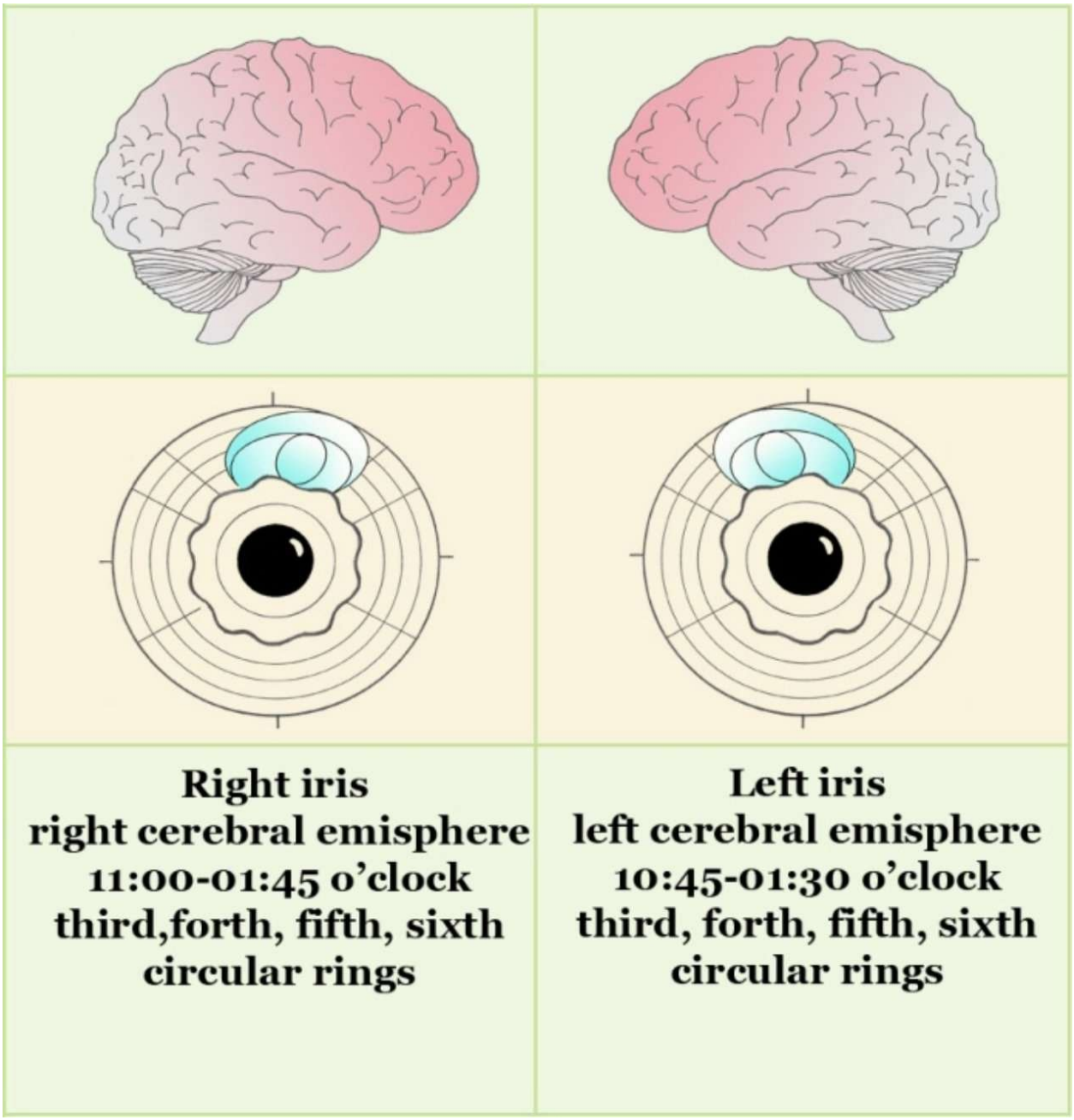
Each cerebral hemisphere is divided into four regions called lobes: frontal lobe, parietal lobe, temporal lobe, occipital lobe. The cerebral cortex of each lobe is divided into specialized areas with specific functions: v *isual cortex, auditory cortex , primary somatosensory cortex, primary motor cortex, areas involved in speech.*

The brain’s division into two hemispheres is both anatomical and functional: there are specific functions performed mostly by one of the two hemispheres, a phenomenon called brain lateralization which eases associative processes and motor and sensory synchronization. The left hemisphere controls the movements and sensibility of the right part of the body while the right one controls the movements and sensibility of the left side. In the majority of people (90-95%) the left hemisphere controls the right hand’s movements, language and logical, analytical and mathematical processes. The right hemisphere is involved in creativity, musical sensitivity, intuition and spatial orientation.





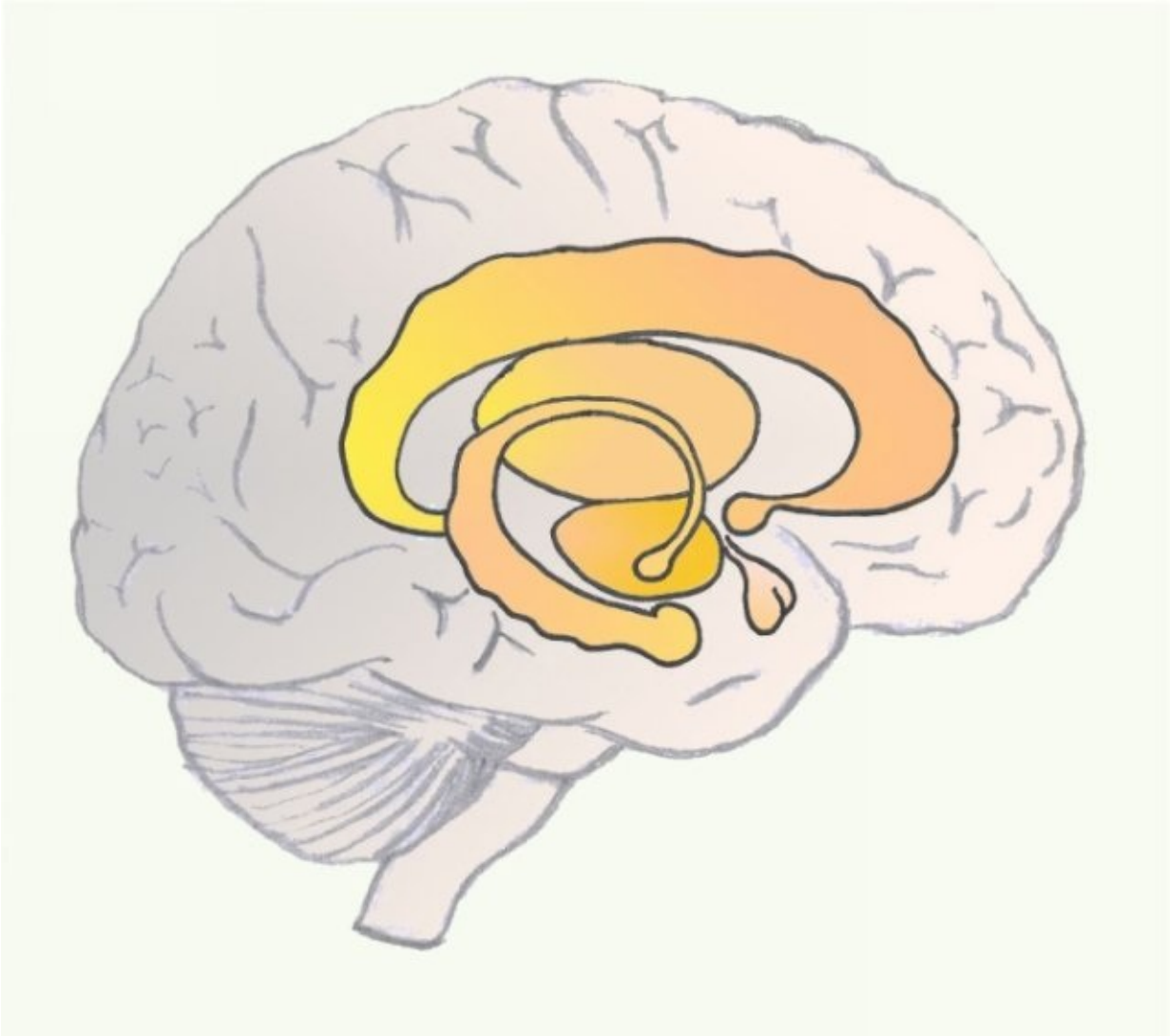
Right iris. Gerontoxon which covers the fifth and sixth circular rings of the frontal sector.



DIENCEPHALON

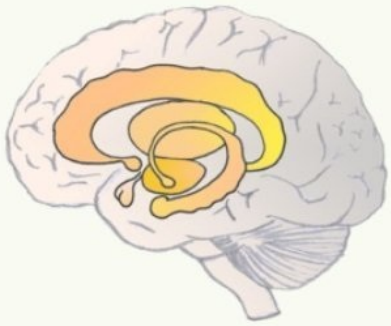
(Thalamus, hypothalamus, Limbic System)

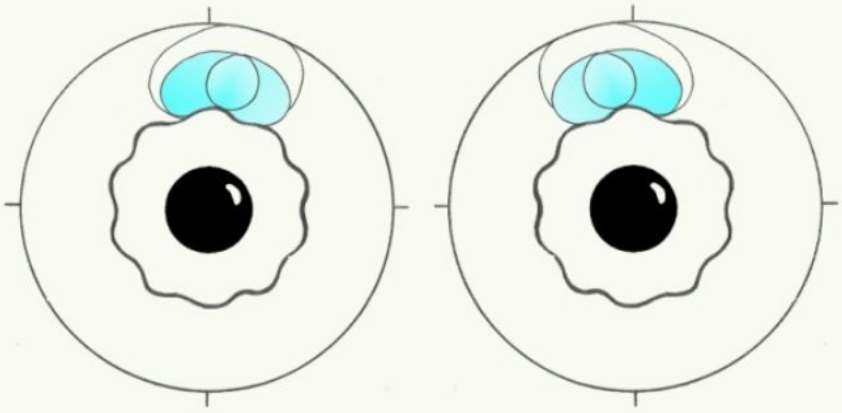
The diencephalon is the central part of the brain common to both hemispheres. The thalamus, hypothalamus and limbic system are found in the diencephalon.

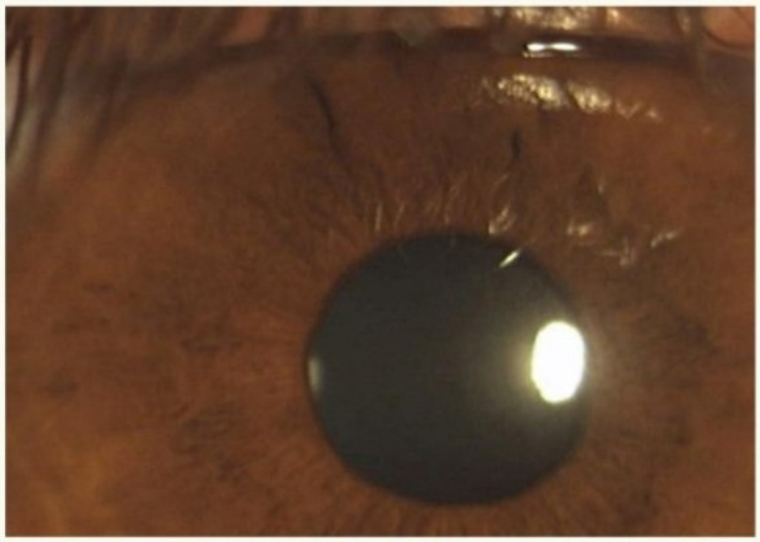


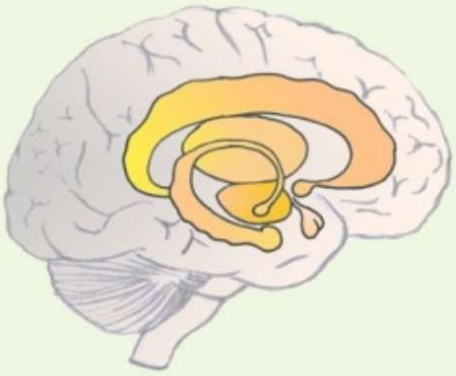
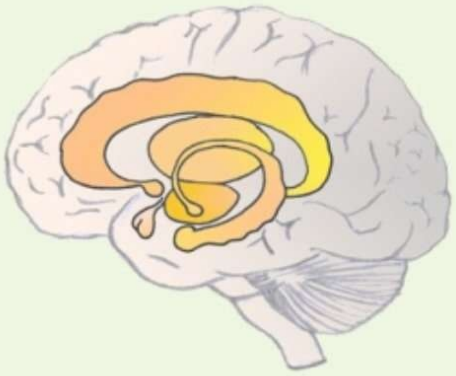
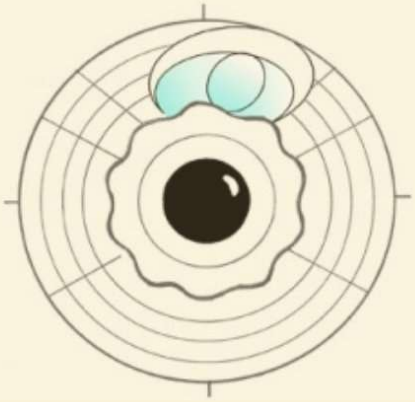
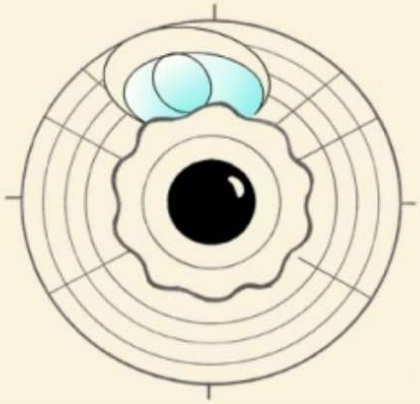
These nervous structures are devoted to 1) pain transmission (thalamus); 2) connection between the nervous and the endocrine systems, regulation of hunger, satiety and thirst, circadian rhythm (hypothalamus); 3) memory and emotional responses (limbic system). The limbic system is constituted by several cerebral nuclei and areas (amygdala, hippocampus, fornix, cingulate gyrus) which interact with each other and with the prefrontal cortex of the cerebral hemispheres, the thalamus and the hypothalamus.

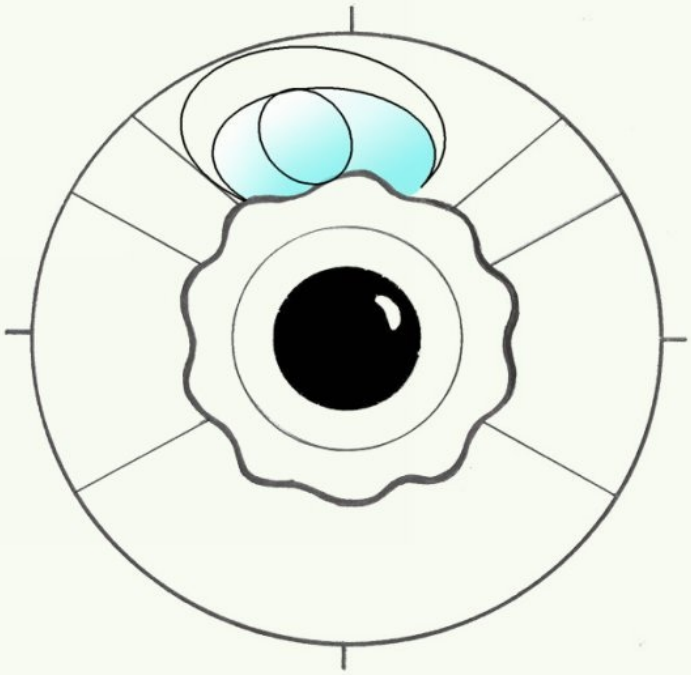
Diencephalon

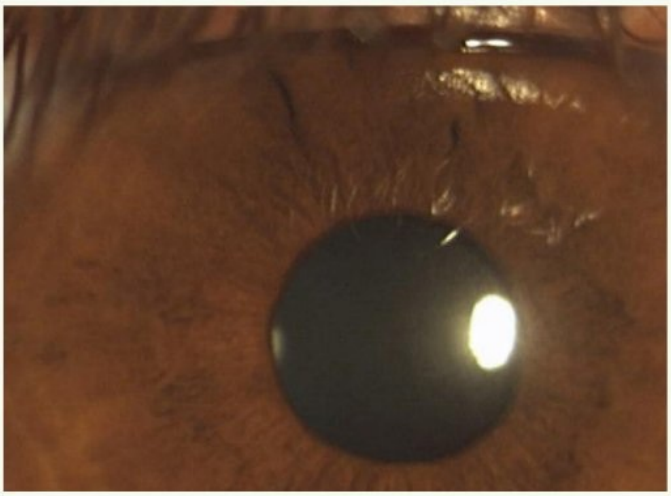






	
	
Right iris **right cerebral emisphere** **11:00-01:45 o'clock** **third,forth, fifth** **circular rings**	**Left iris** **left cerebral emisphere** **10:45-01:30 o'clock** **third, forth, fifth** **circular rings**

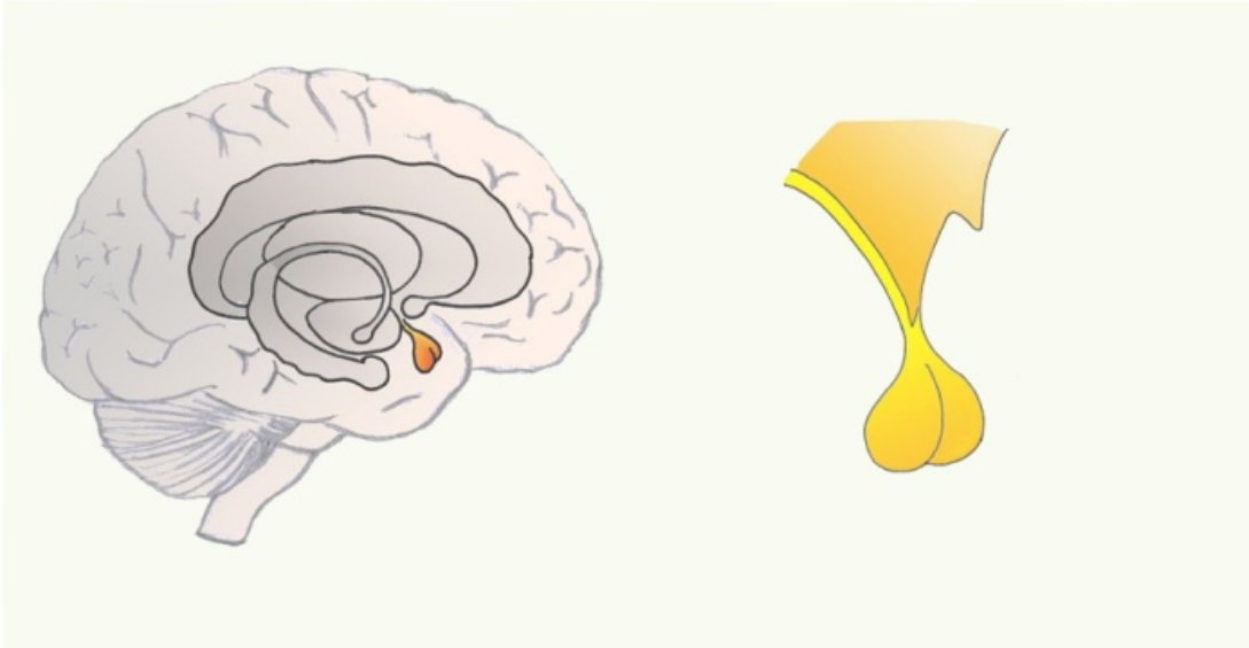




Left iris. Deep lozenge-shaped lacuna at 11:30 o'clock third, forth, fifth circular rings

HYPOPHYSIS (PITUITARY GLAND)

Below the hypothalamus, there is the pituitary gland. The pituitary is as big as a pea and is joined to the hypothalamus by a peduncle called infundibulum.



The hypothalamus-pituitary interaction regulates the endocrine system. The pituitary is divided into two different lobes: adenohypophysis (anterior hypophysis) and neurohypophysis (posterior hypophysis). The hypophysis's projections in the irises space around 12:00 o'clock along the nasal side of the median line of both irides.

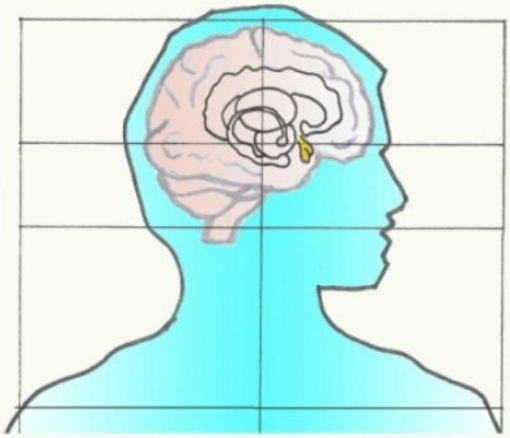
Adenohypophysis. The adenohypophysis is involved in a three-stage endocrine process: 1) hypothalamic neurons release the releasing factors which activate the adenohypophysis; 2) the adenohypophysis release in blood stream the hormones that stimulate the endocrine glands; 3) the peripheral endocrine glands produce the hormones which cause the desired responses in the organs. Such process activates its inhibition as it takes place: the release of hypothalamic inhibiting factors triggered by the presence of the hormones released by the adenohypophysis and by the endocrine glands (feed-back).

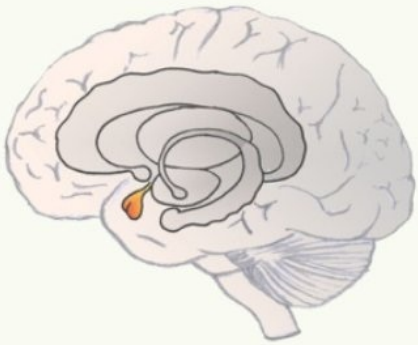
The adenohypophysial hormones involved are prolactin (PRH: hormone that stimulates breast development and lactation in women); thyrotropin (TRH: thyroid-stimulating hormone); corticotropin (CRH: hormone that stimulates cortisol production by adrenal glands); somatotropic hormone (GH: growth

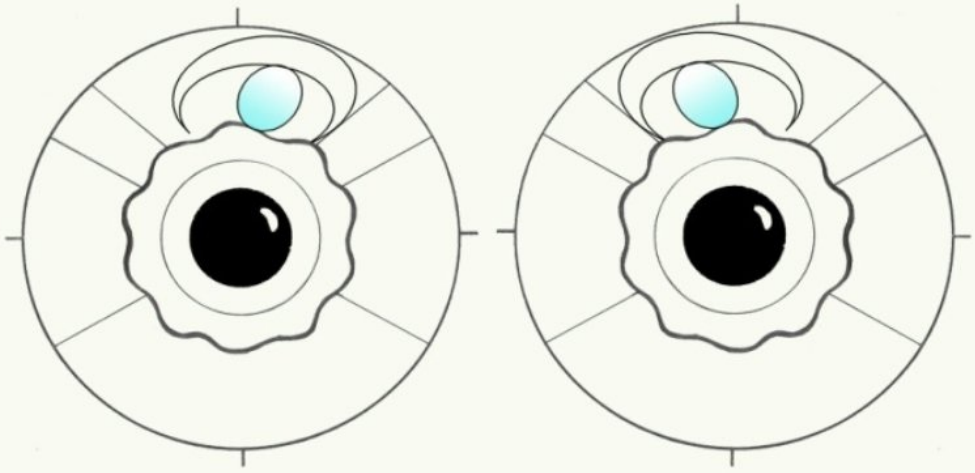
hormone); gonadotropin, ovaries and testicles' stimulant; follicle-stimulating hormone (FSH) and luteinizing hormone (LH) ovarian cycle regulators.

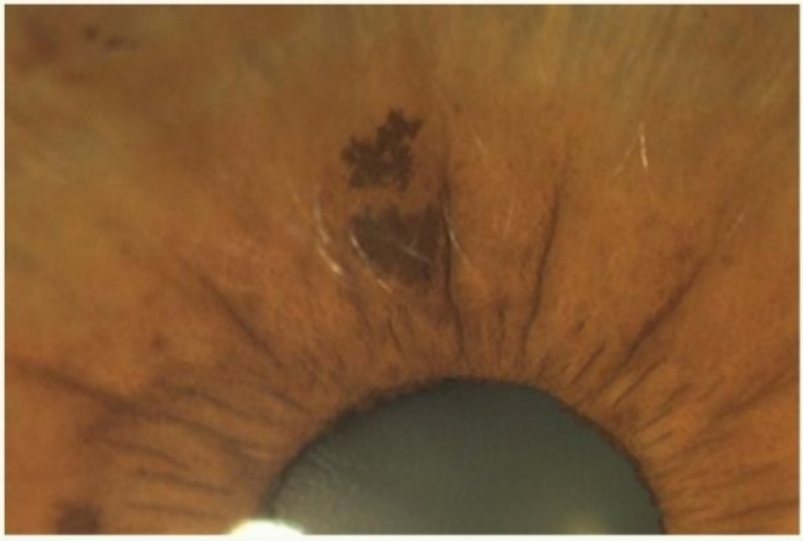
Neurohypophysis. Neurohypophysis regulates an endocrine process that develops in two stages: 1) the hypothalamus neurons release two hormones into the neurohypophysis, 2) the neurohypophysis puts them into circulation. The two hormones are the antidiuretic hormone (ADH) and the oxytocin. The antidiuretic hormone regulates the renal re-absorption of water. The oxytocin regulates uterine contractions and lactation.

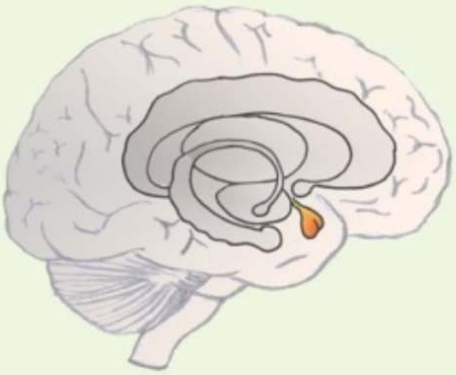
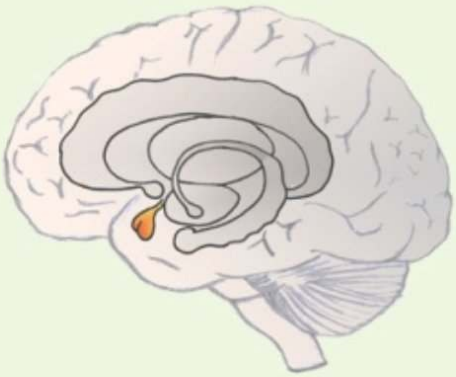
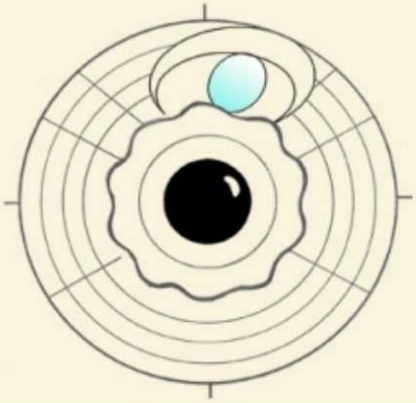
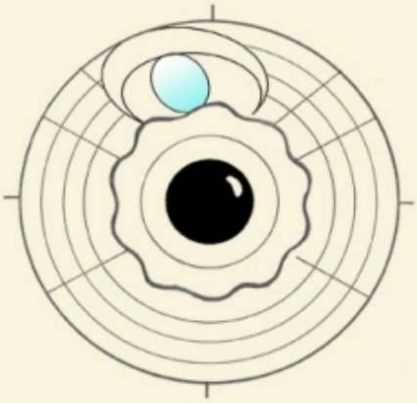
Pituitary gland (Hypophysis)

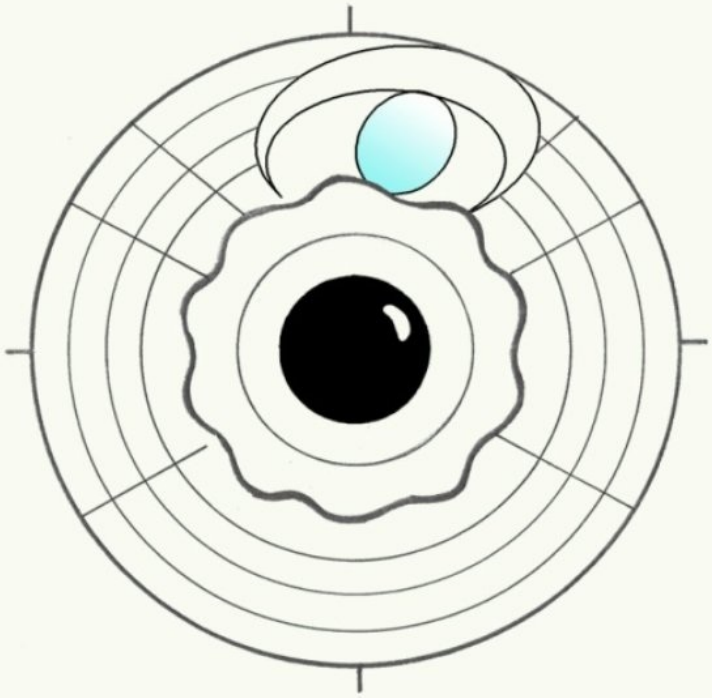


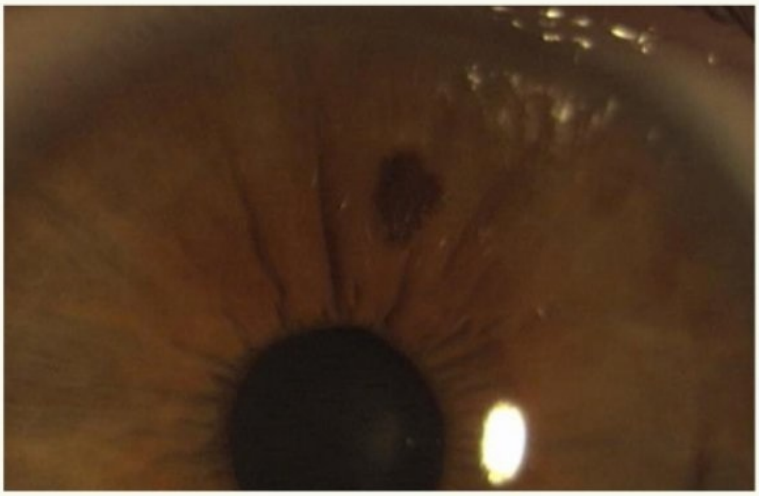




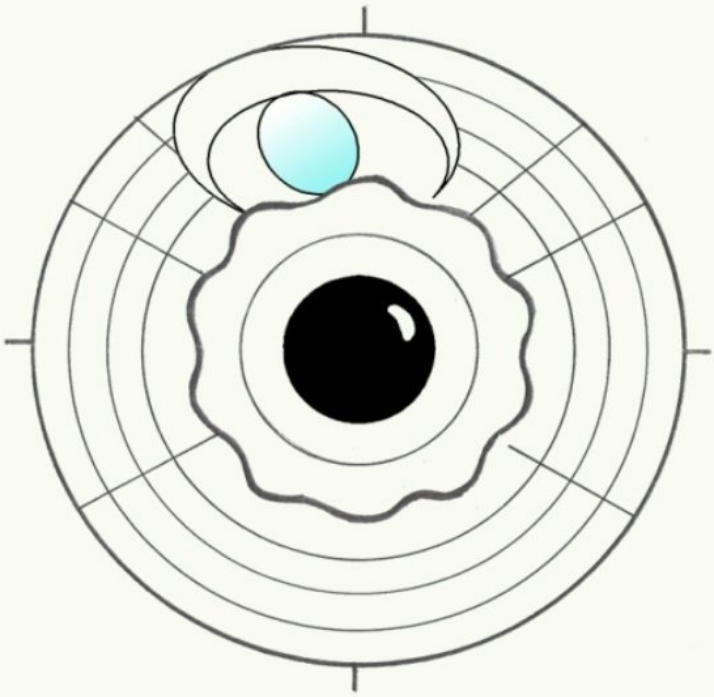


	
	
Right iris **right hypophysis** **12:00-12:15 o'clock** **third,forth, fifth** **circular rings**	**Left iris** **left hypophysis** **11:45-12:00 o'clock** **third, forth, fifth** **circular rings**





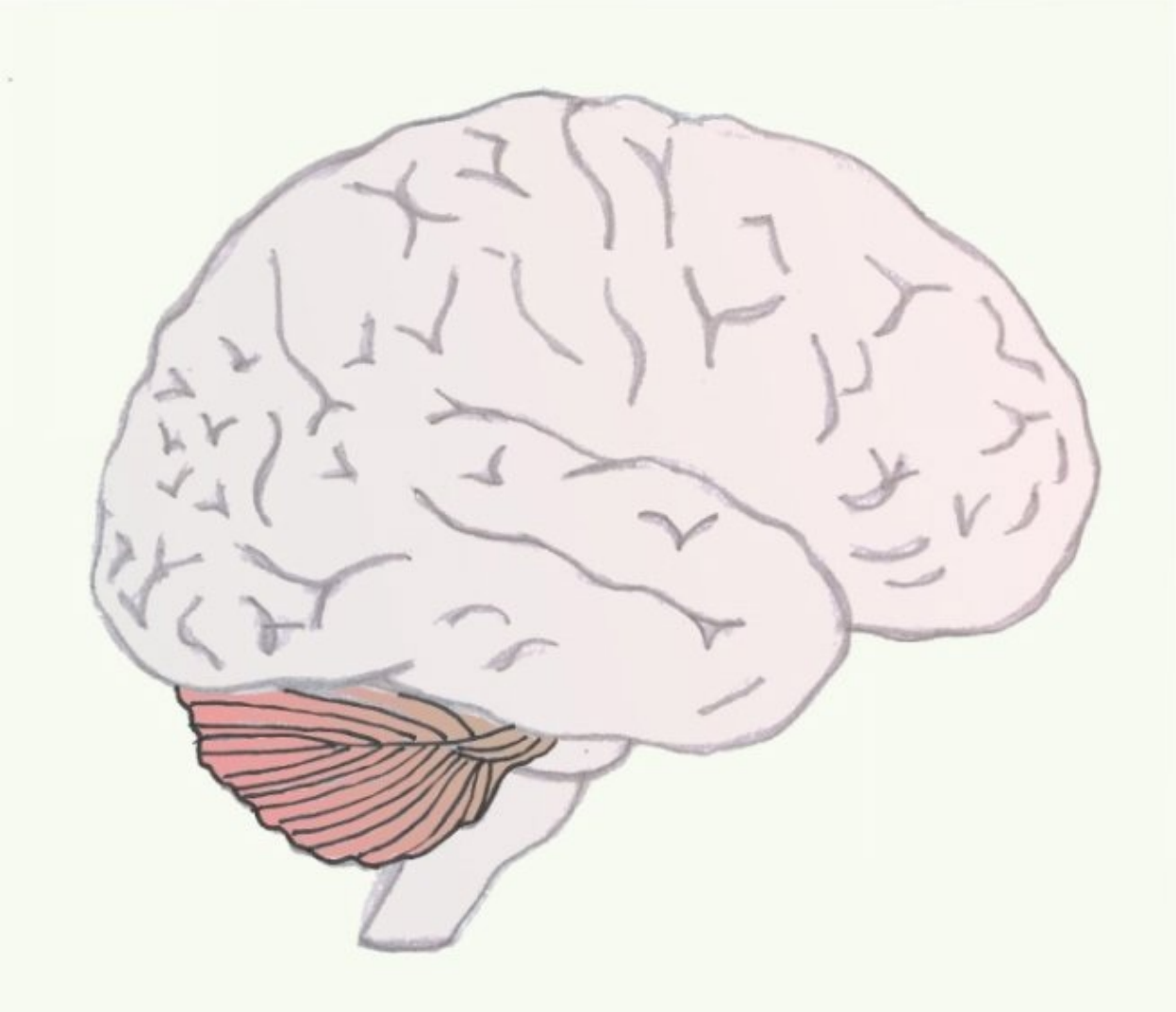
Right iris. Dark brown pigment at 12:00-12:15 o'clock in the third circular ring.



Left iris. Two large brown pigments at 11:45-12:00 o'clock third and forth circular rings

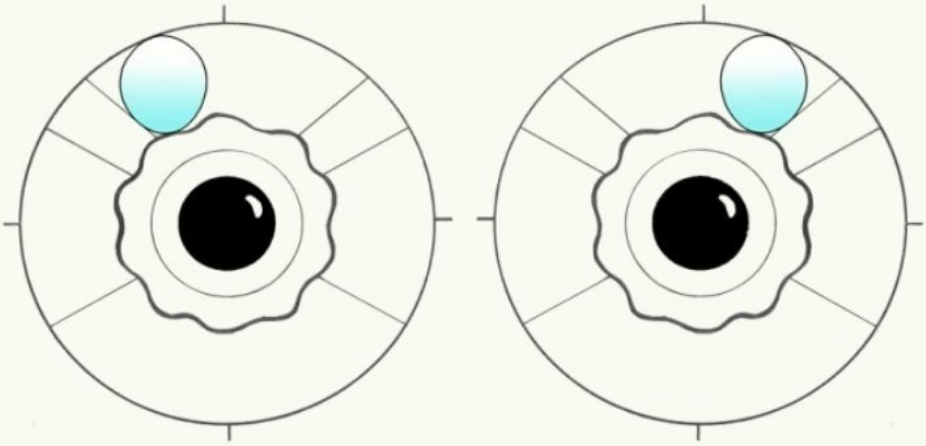
CEREBELLUM

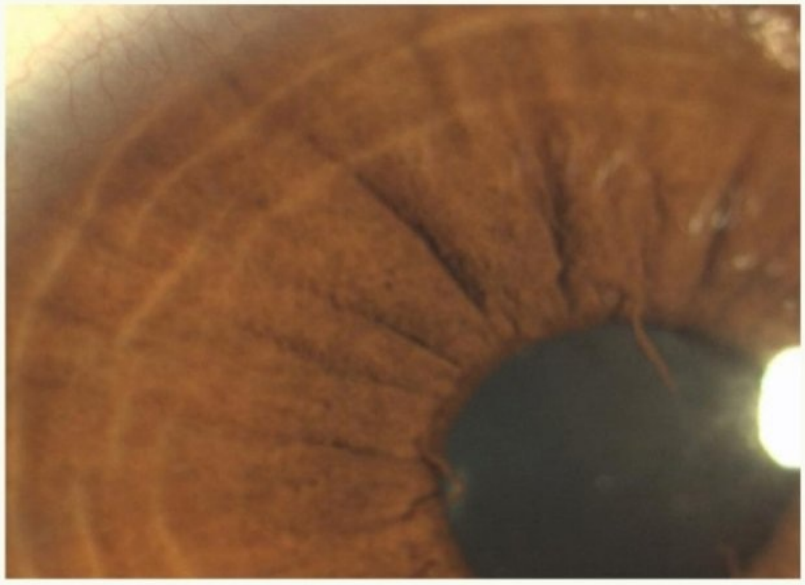
It is the portion of the encephalon situated in the posterior cranial cavity, behind the parietal lobes and below the occipital lobe.

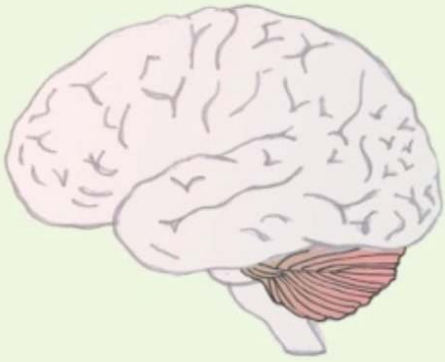
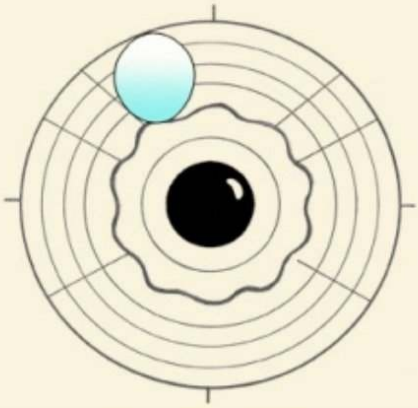
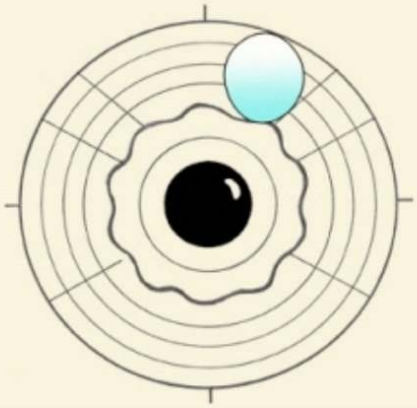


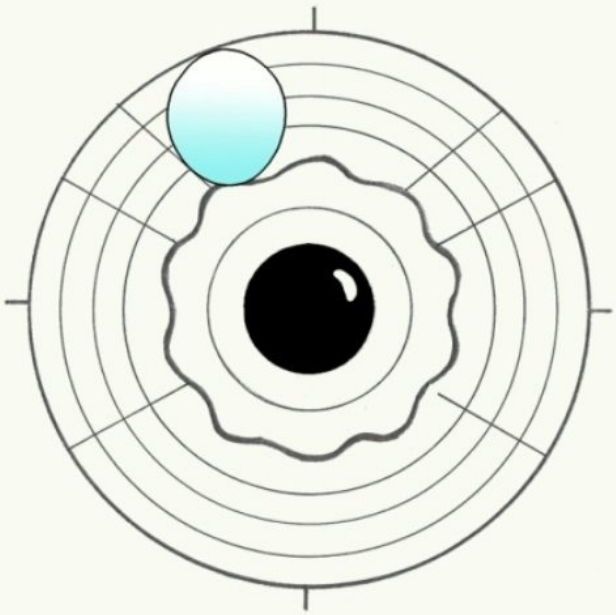
The cerebellum is composed of two lobes and a central part (vermis) and it is connected to the brain by two cerebellar peduncles. Its functions are the control of posture and of both voluntary and involuntary movements.

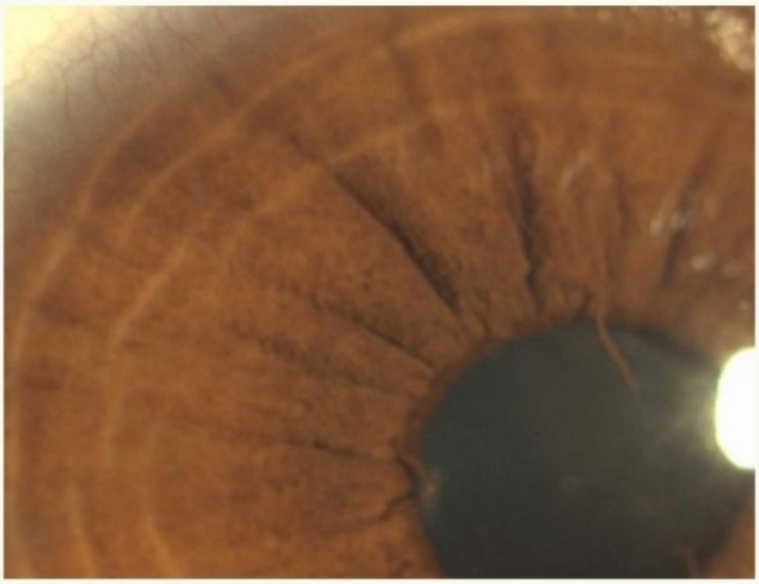
Cerebellum



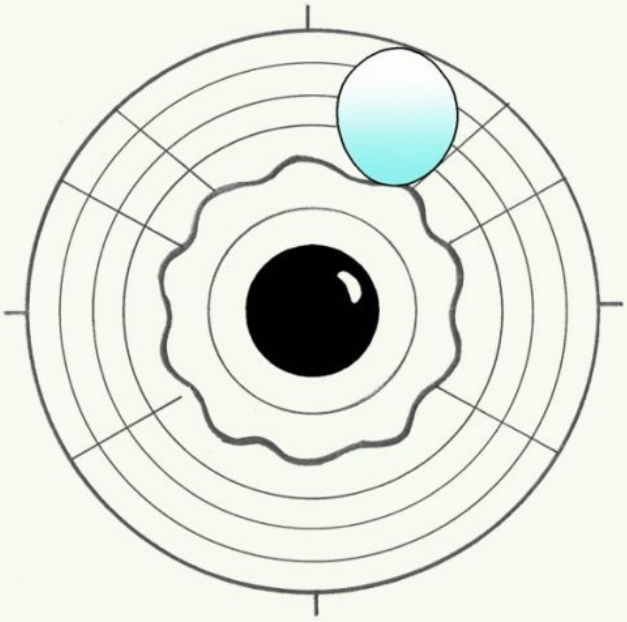


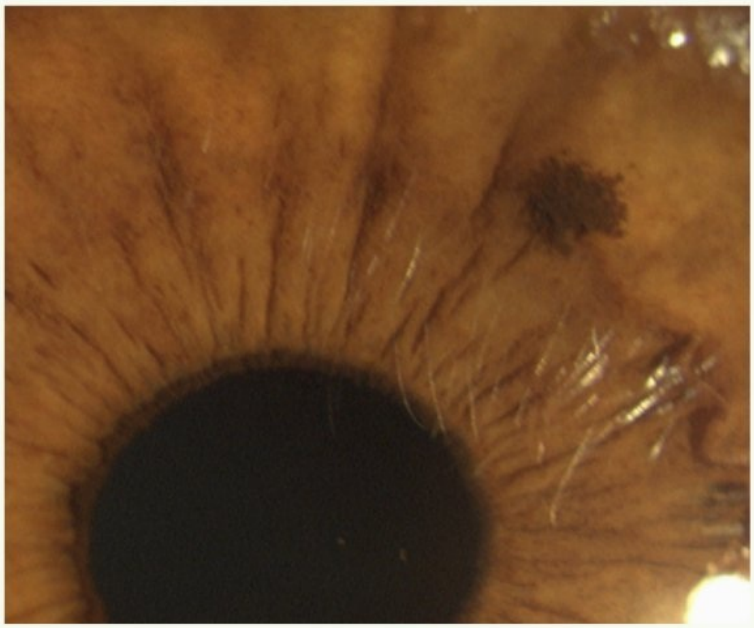
	
	
Right iris **right cerebellum** **10:45-11:30 o'clock** **third,forth, fifth,** **sixth** **circular rings**	**Left iris** **left cerebellum** **12:30-02:15 o'clock** **third, forth, fifth,** **sixth** **circular rings**





Right iris. Two deep radial furrows at 10:45-11:30 o'clock in the third, forth, fifth circular rings



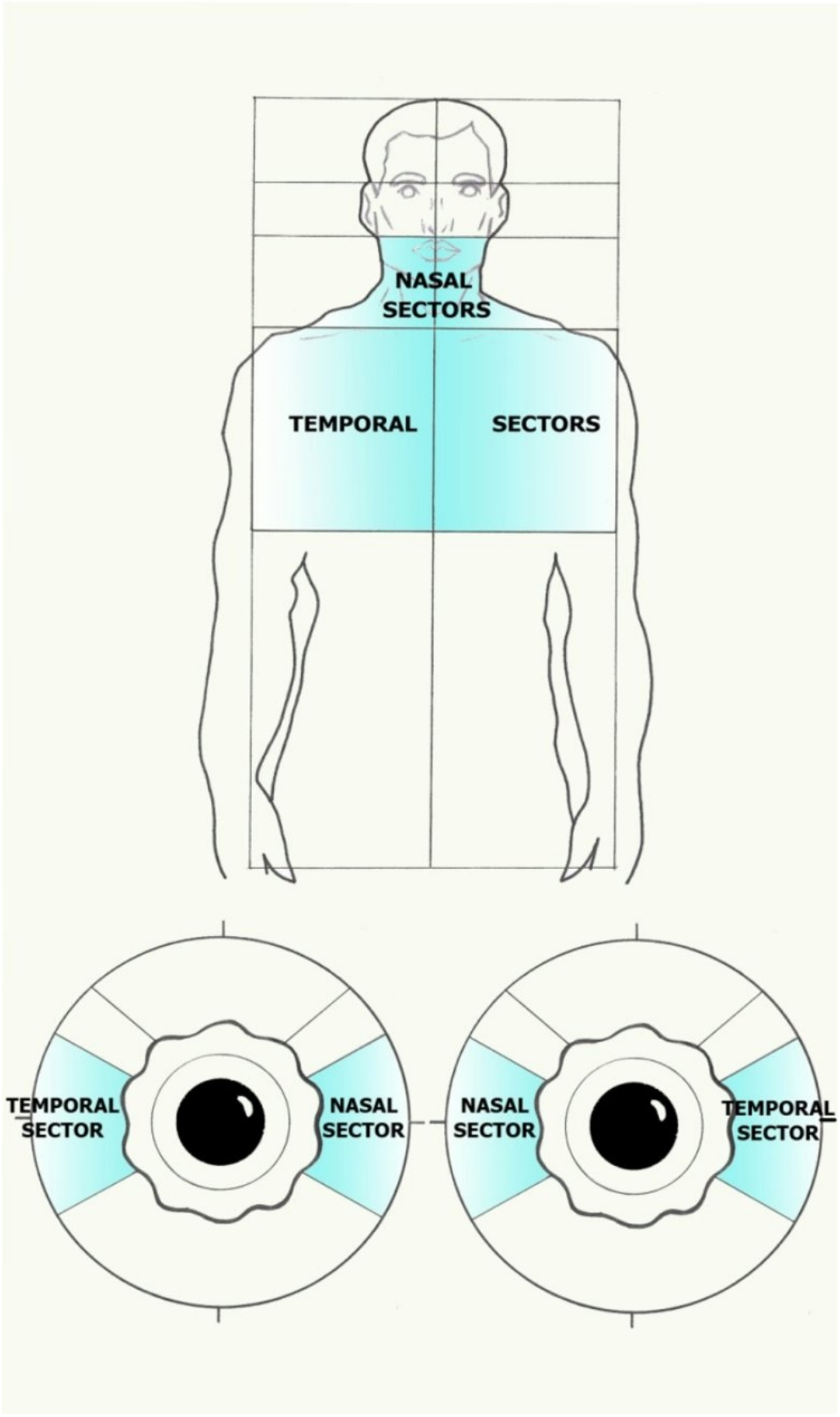


Left iris. Dark brown pigment at 01:30 0'clock in the third circular ring

LATERAL SECTORS (TEMPORAL AND NASAL)

The iris sector pointing towards the median line of the body is called “nasal” as it is the portion of the eye that lies closer to the nose. It collects the projections of the organs located in the neck.

The iris sector pointing outwards is called “temporal” as it lies closer to the temporal bone. It collects the projections of the organs located in the thorax.


NASAL
SECTORS
TEMPORAL
SECTORS
TEMPORAL
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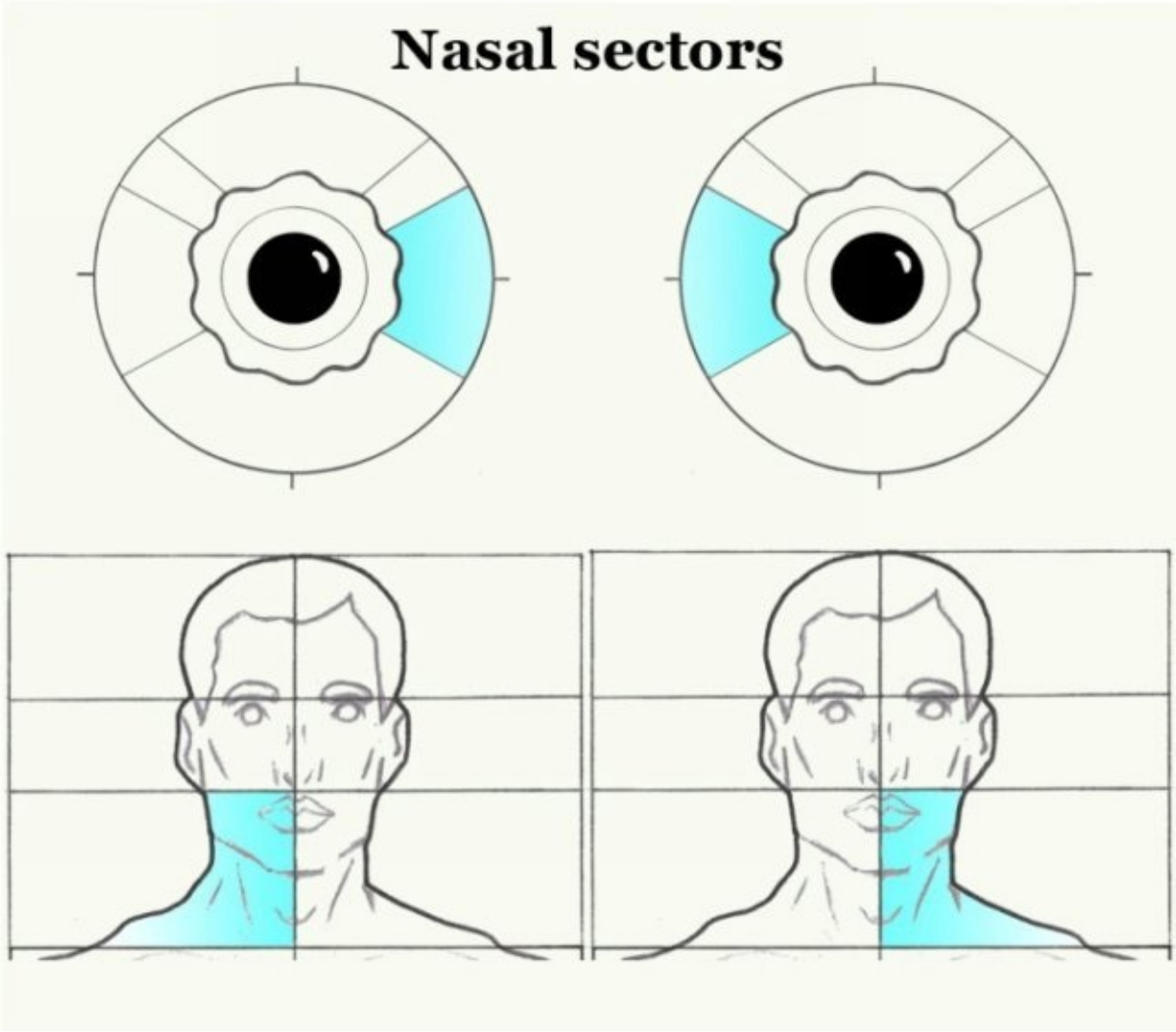
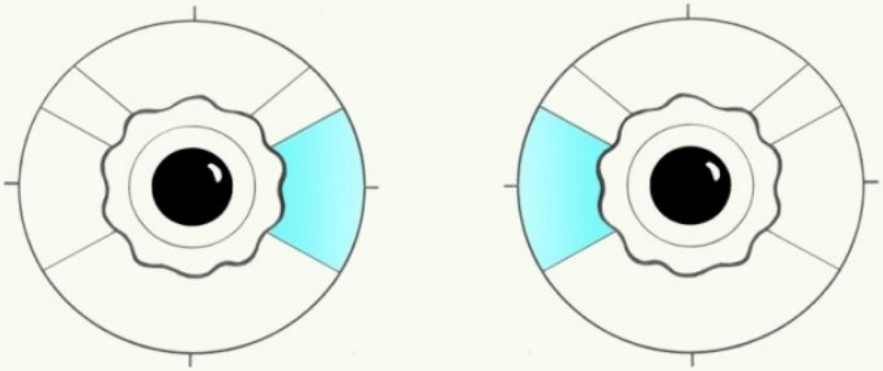
NASAL SECTORS

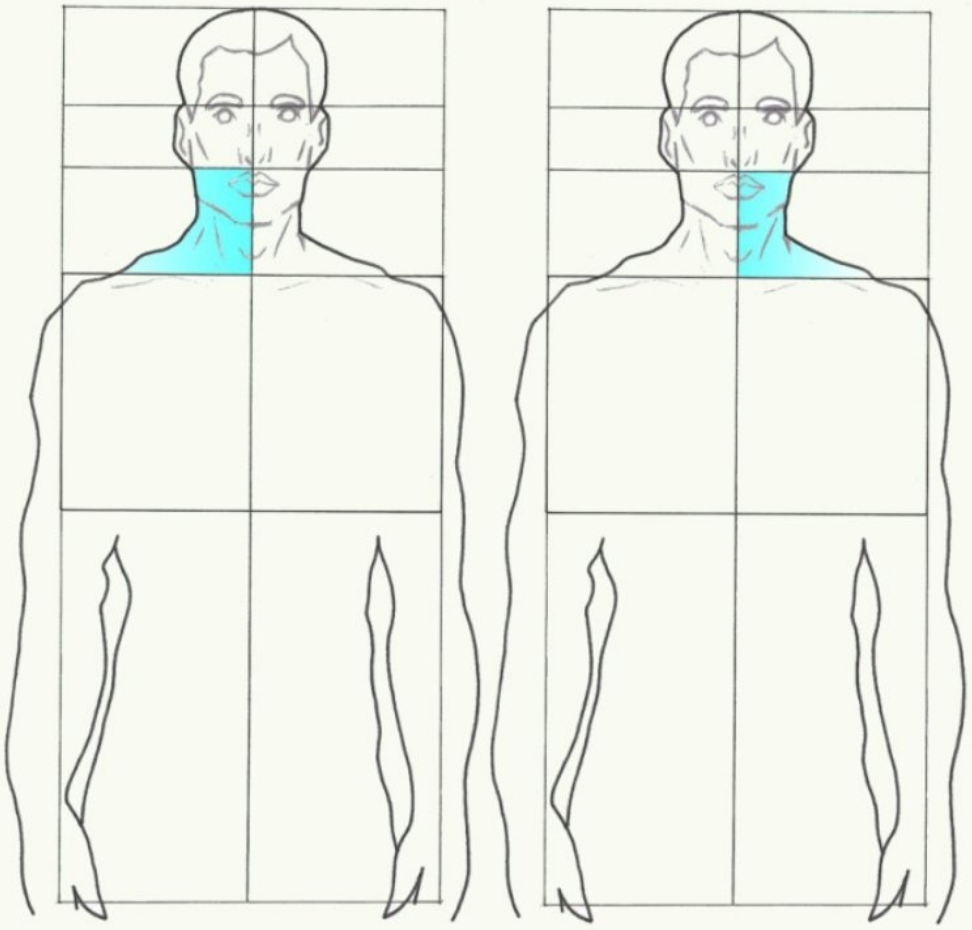
Their denomination refers to the part of the iris pointing towards the nose.



The organs most frequently marked in these sectors are the thyroid and tonsils. It is, however, the projection area of the first tract of the digestive and respiratory systems (mouth, pharynx, esophagus, larynx and trachea). In brief, nasal sectors are the site of the oral cavity and neck projections.

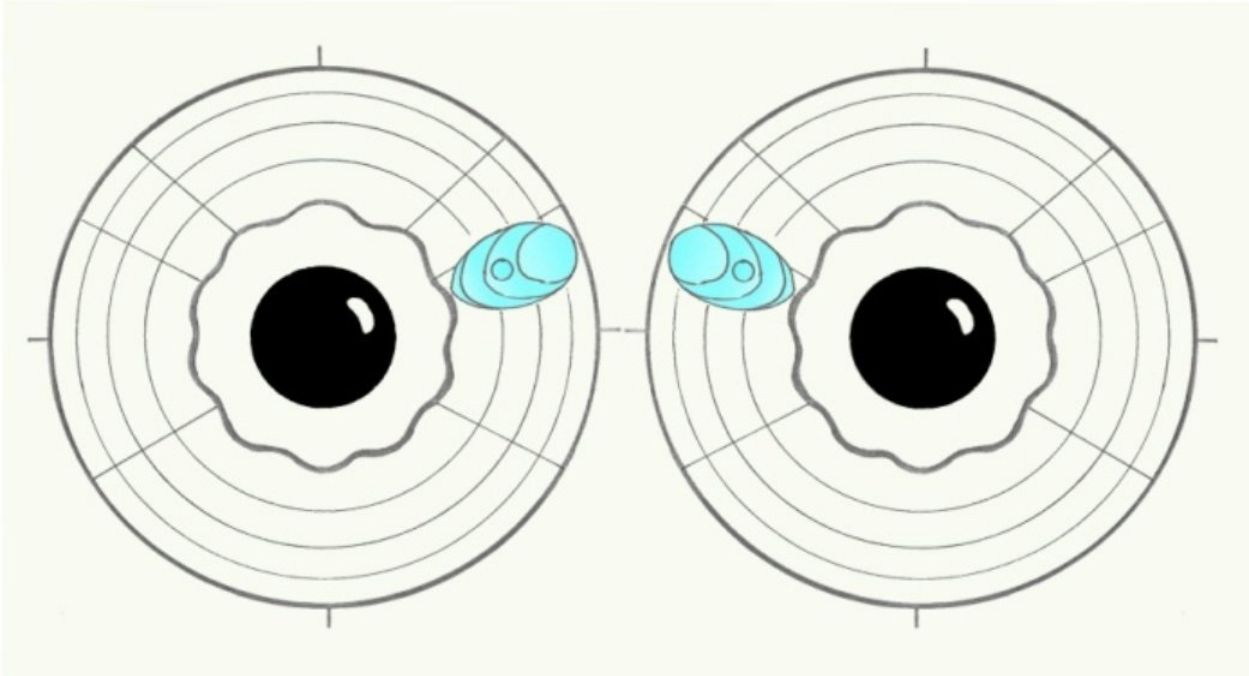
Nasal sectors





UPPER PORTION OF NASAL SECTORS

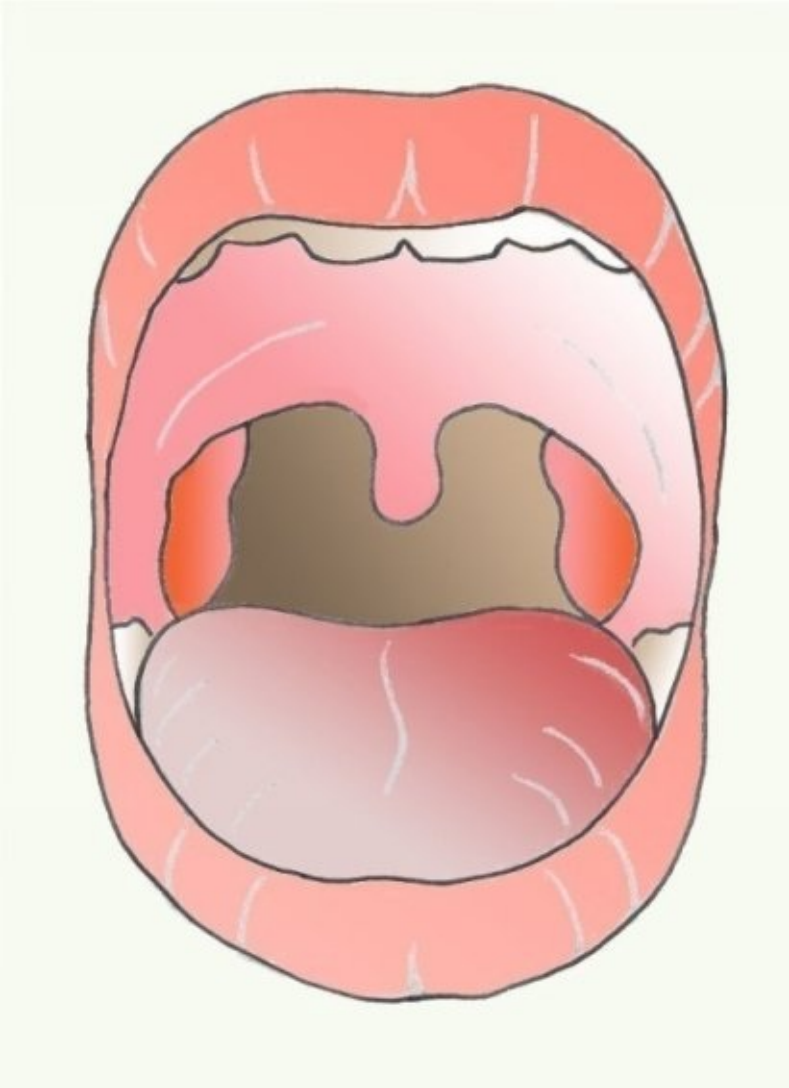
The upper portion of the nasal sectors collects the projections of a group of organs which are closely connected to each other and form part of the digestive (oral cavity, pharynx) and respiratory (tonsils, larynx, trachea) apparatuses.



The portion which is closer to the outer iris border collects the projections of the oral cavity, tonsils and pharynx while the portion which is nearer to the collarette collects the projections of the larynx and trachea.

TONSILS, ORAL CAVITY, PHARYNX

Tonsils. Pair of almond-shaped organs located at the sides of the oral cavity between the two palatal arches.

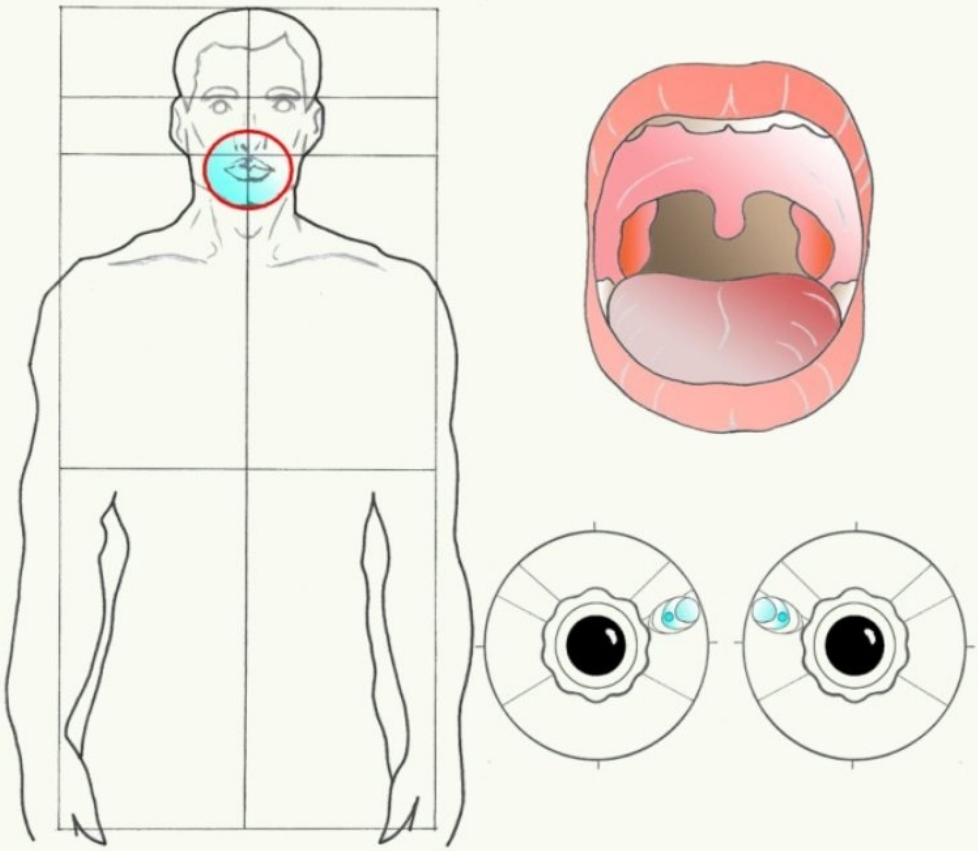


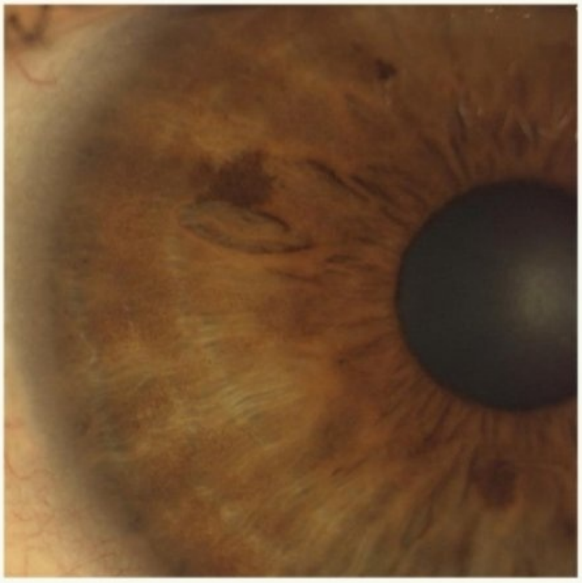
Lymphatic organs rich in lymphatic follicles which perform the first immune response of the upper airways.

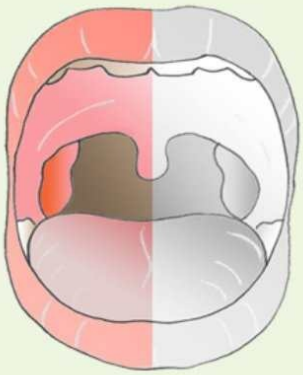
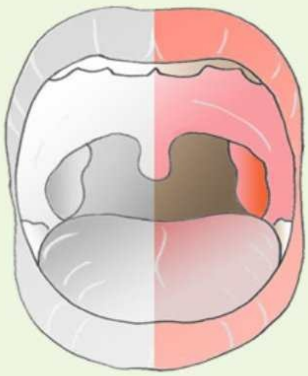
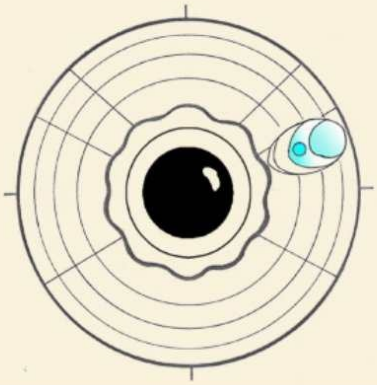
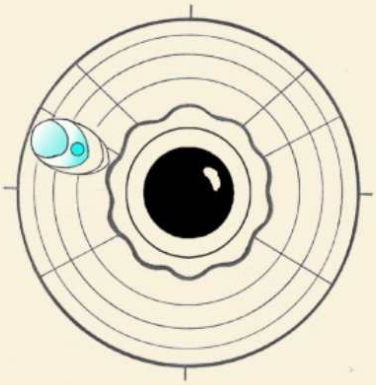
Oral cavity. Complex structure delimited by the upper and lower jaw bones. It is composed of the teeth, tongue, salivary glands, soft palate and uvula. It is involved in mastication, swallowing and, together with the nose, in the breathing process.

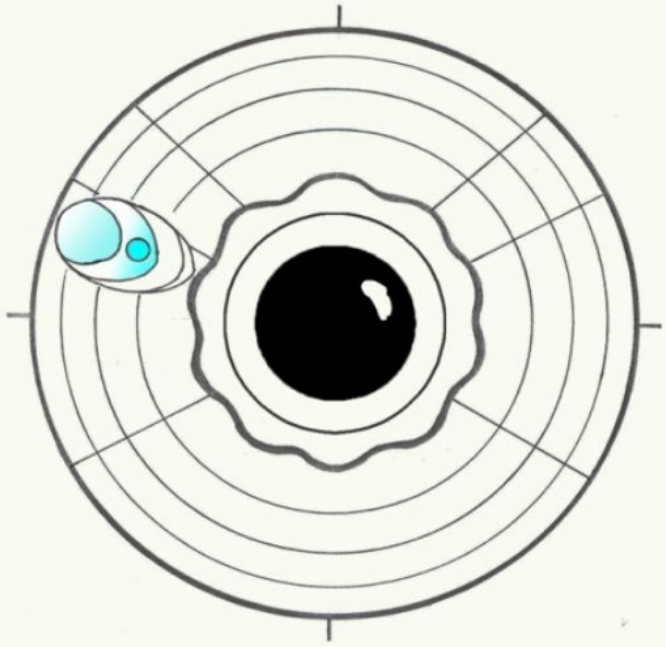
Pharynx. Intermediate anatomical structure between the first tract of the respiratory and digestive systems.

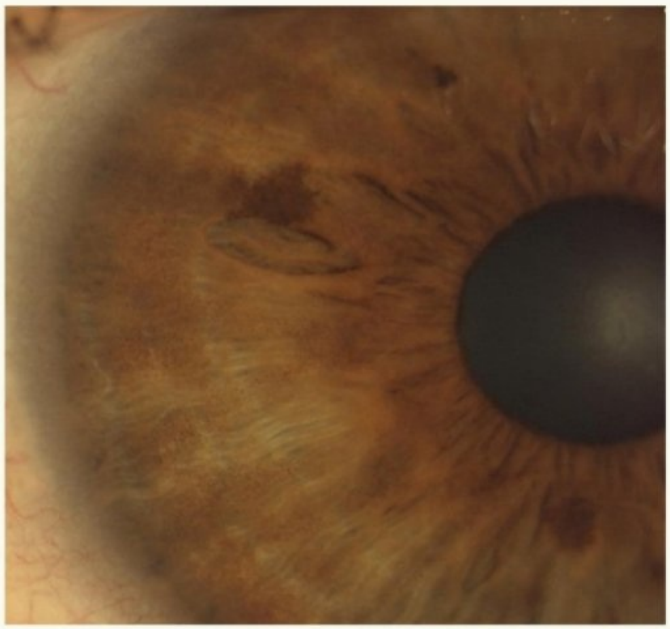
ORAL CAVITY (tonsils, pharynx)





	
	
Right iris **Right half of oral cavity and pharynx, right tonsil** **02:30-03:00 o'clock** **forth, fifth, sixth circular rings**	**Left iris** **Left half of oral cavity and pharinx, left tonsil** **02:30-03:00 o'clock** **forth, fifth, sixth circular rings**

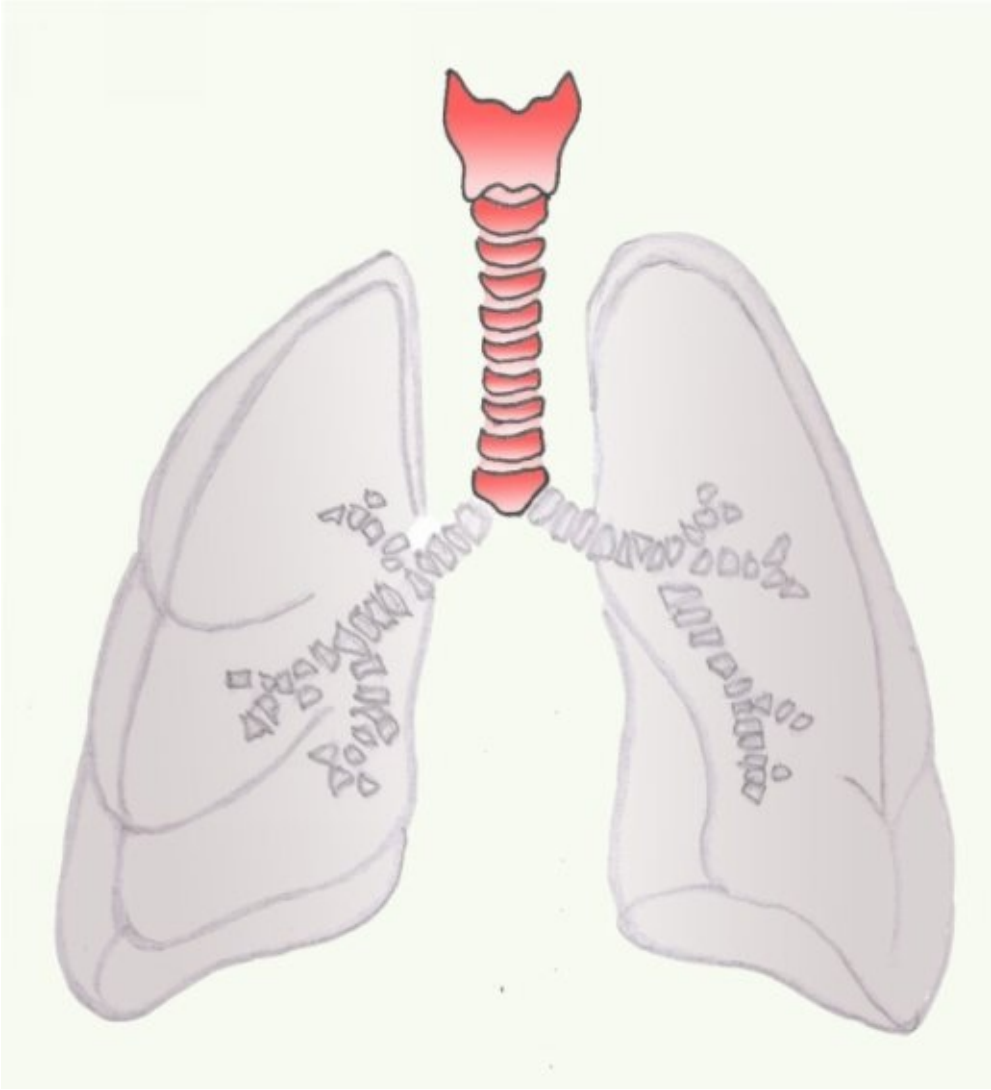




Left iris. Lacuna surmounted by a brown pigment fading toward the ciliary outer border, 09:15-09:30 o'clock forth, fifth, sixth circular rings.

LARYNX, TRACHEA

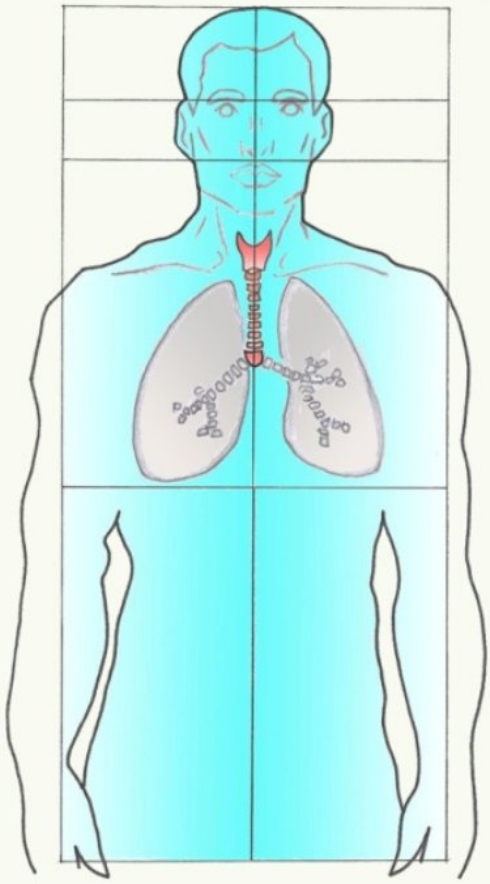
Larynx. Organ of the upper airways located between the pharynx and the trachea. It carries out two crucial functions: 1) phonation, 2) partition of airways and digestive pathways. It is constituted by several cartilaginous and fibrous structures: epiglottis, glottis and vocal chords.

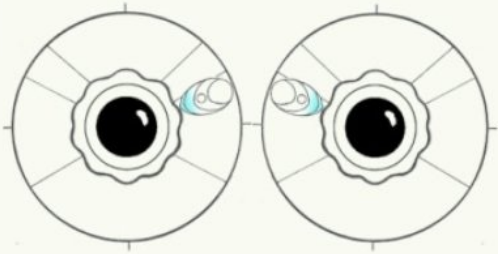


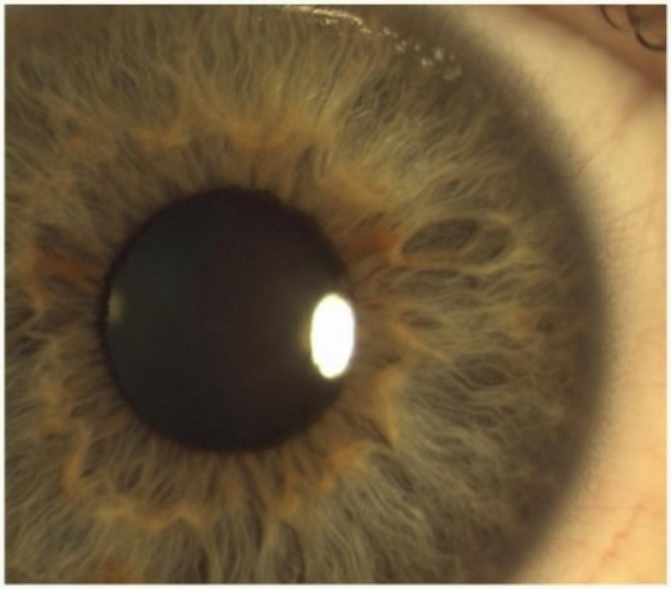
Trachea. Tubular hollow organ. It is a portion of the airways located between the larynx and the two main bronchia. The trachea is 12 cm long and has a diameter of about 1.5-2.5 cm. The trachea wall is constituted by a flexible fibrous membrane that is kept expanded by approximately 16-20 cartilaginous rings.
The projections of the larynx and the trachea are found in the upper portion of

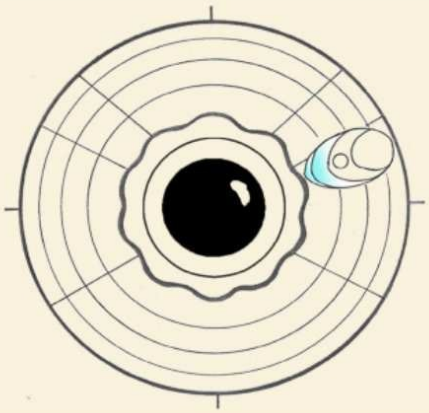
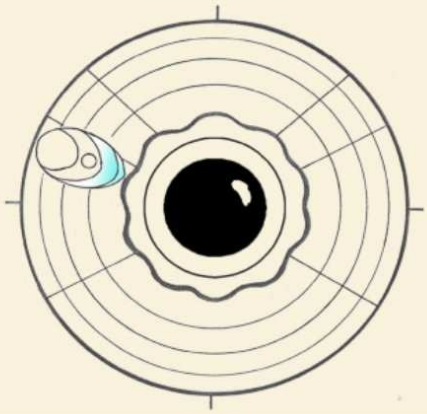
the nasal sectors in continuity with the projections of tonsils, oral cavity and pharynx (fourth and fifth circular rings).

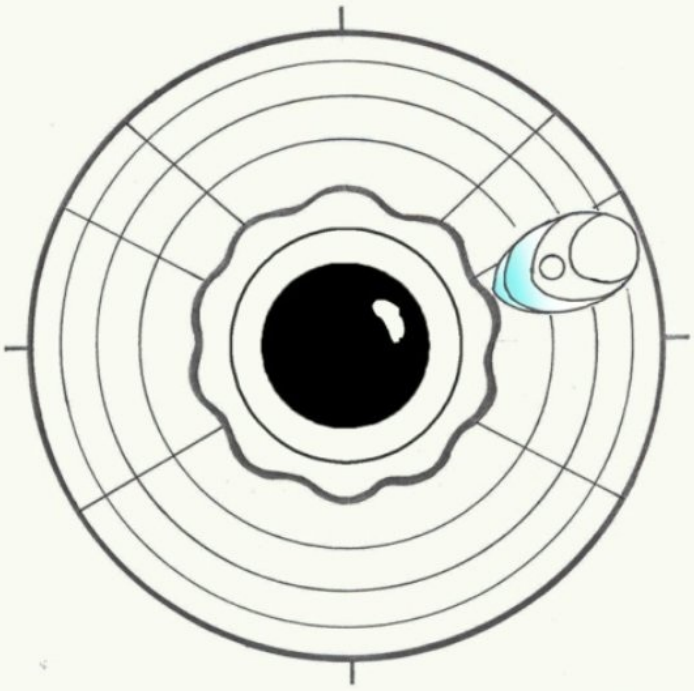
Larynx Trachea

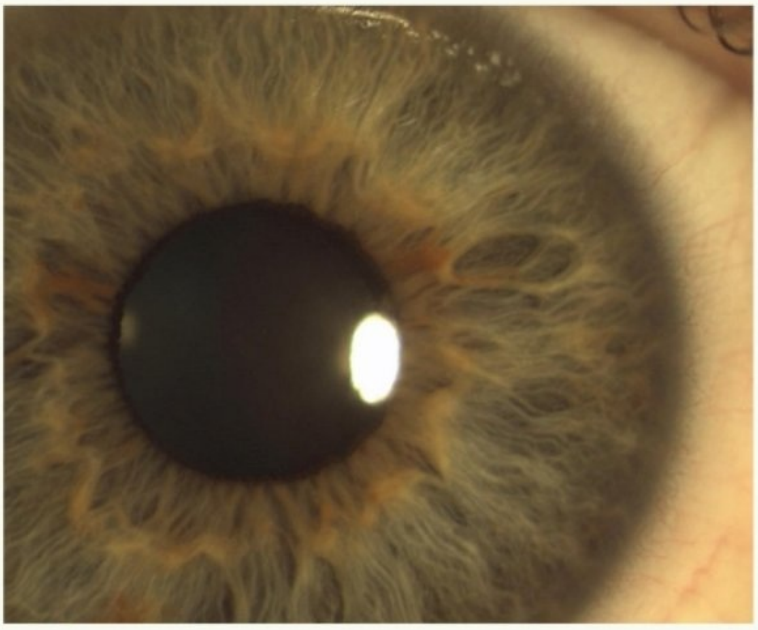






	
Right iris **Right half of larynx and trachea** **02:30-03:00 o'clock** **third,forth** **circular rings**	**Left iris** **Left half of larynx and trachea** **02:30-03:00 o'clock** **third, forth** **circular rings**

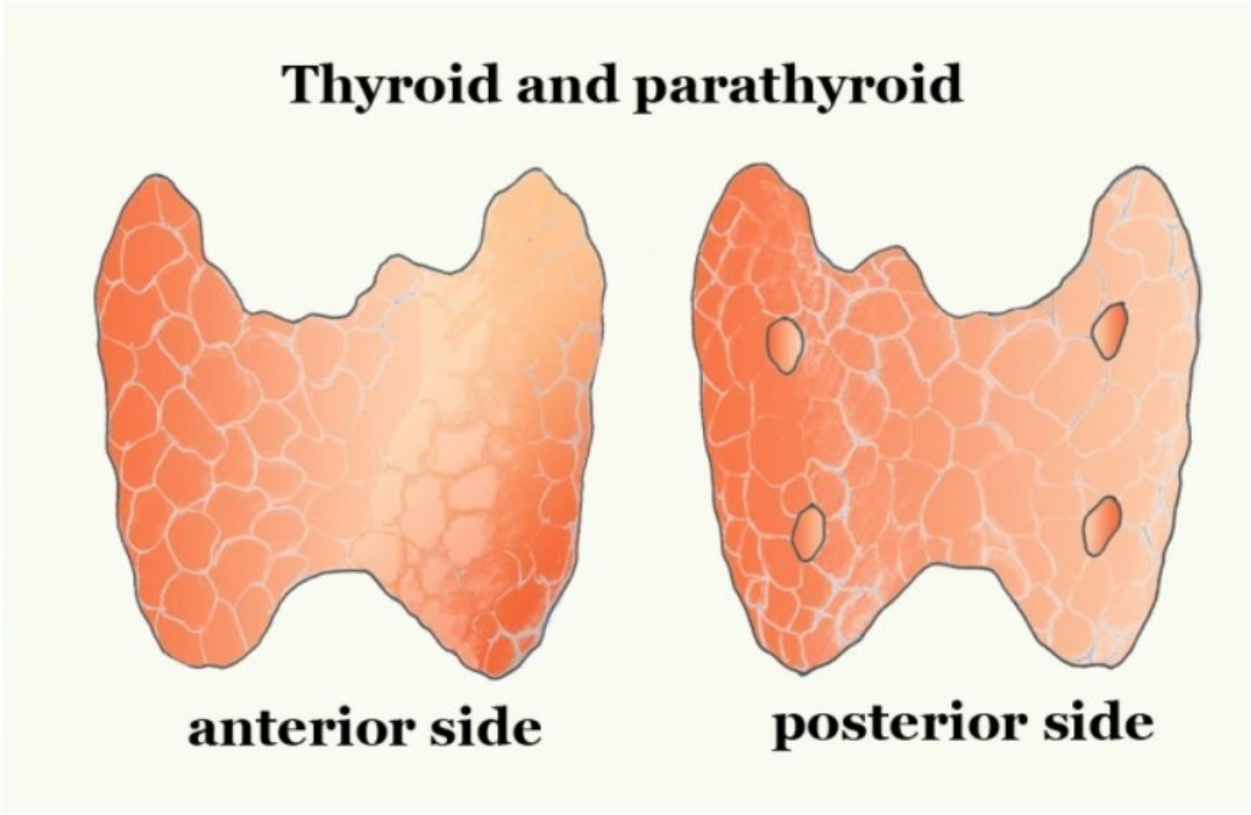




Right iris. Deep double lacuna at 02:30-03:00 o'clock, third, forth, fifth circular ring

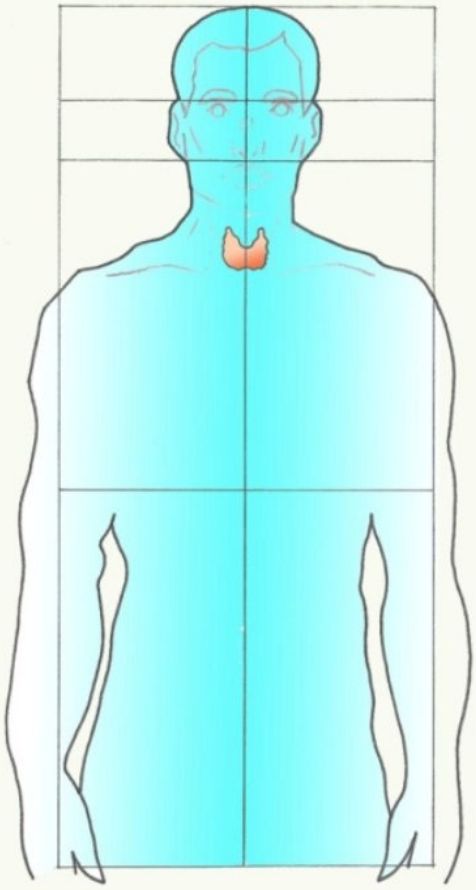
THYROID AND PARATHYROIDS

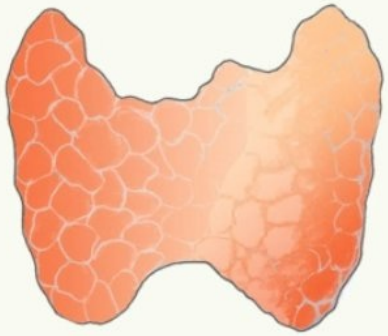
Thyroid. Butterfly-shaped endocrine gland constituted by two joint lobes. It leans against the first anterior portion of the trachea and weighs approximately 25 gr.

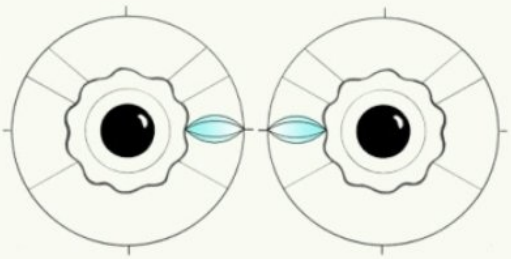


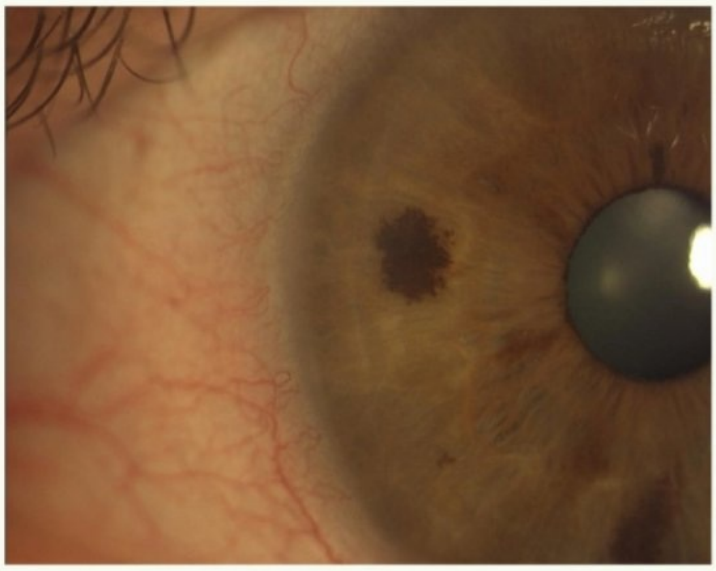
The thyroid secretes two hormones (thyroxin and tri-iodothyronine) that regulate the energy metabolism of the whole body and a hormone that regulates the calcium metabolism (calcitonin).
Parathyroids. Four small glands symmetrically distributed in the posterior side of the thyroid lobes in the proximity of their external angles. They secrete the parathormone which, together with the calcitonin secreted by the thyroid, regulates the calcium plasmatic concentration. The thyroid projections in the iris are in the third, fourth and fifth circular rings of the nasal sector around 03:00 o'clock in the right iris and around 09:00 o'clock in the left iris. Oesophagus has the same projection area.

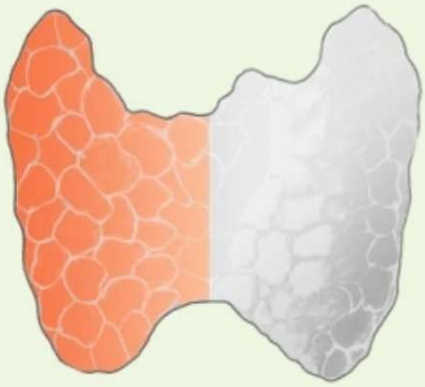
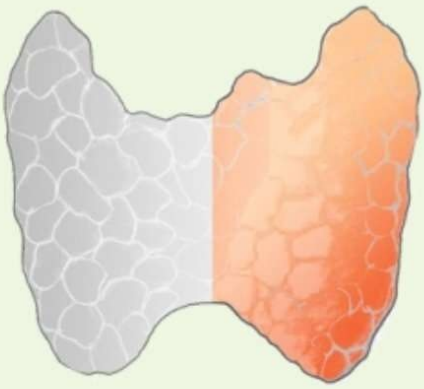
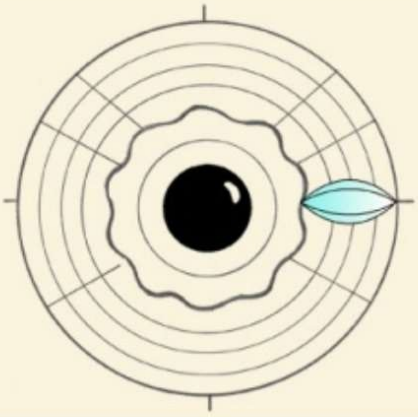
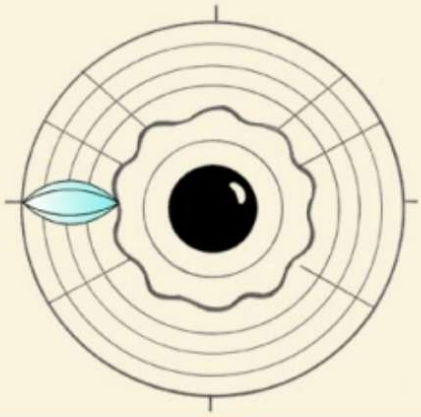
Thyroid

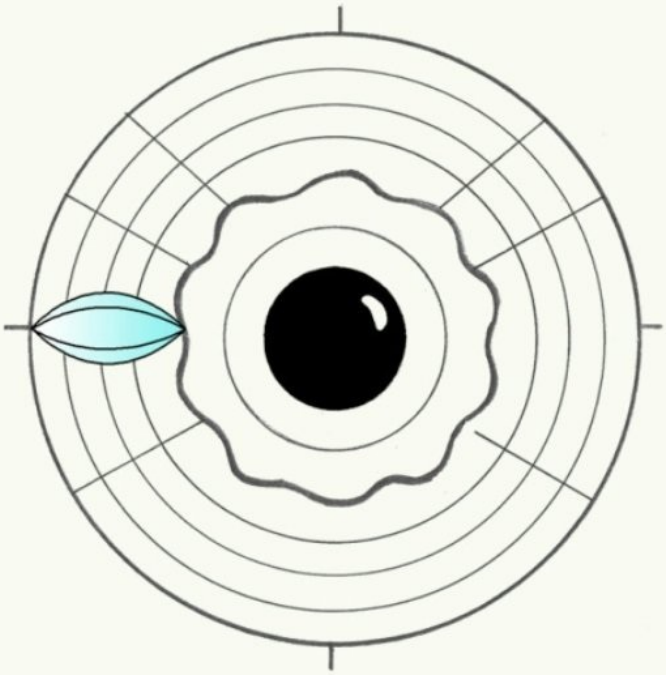


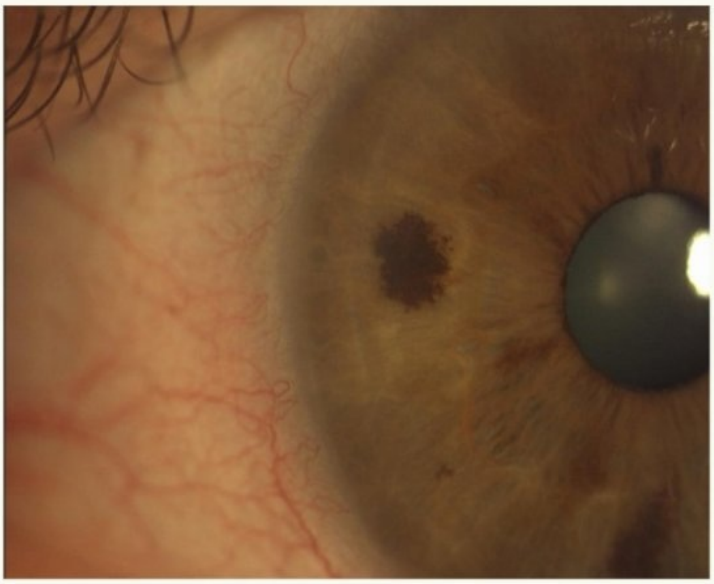






	
	
Right iris **Right half thyroid** **02:45-03:15 o'clock** **third,forth, fifth, sixth** **circular rings**	**Left iris** **Left half thyroid** **08:45-09:15 o'clock** **third, forth, fifth, sixth** **circular rings**



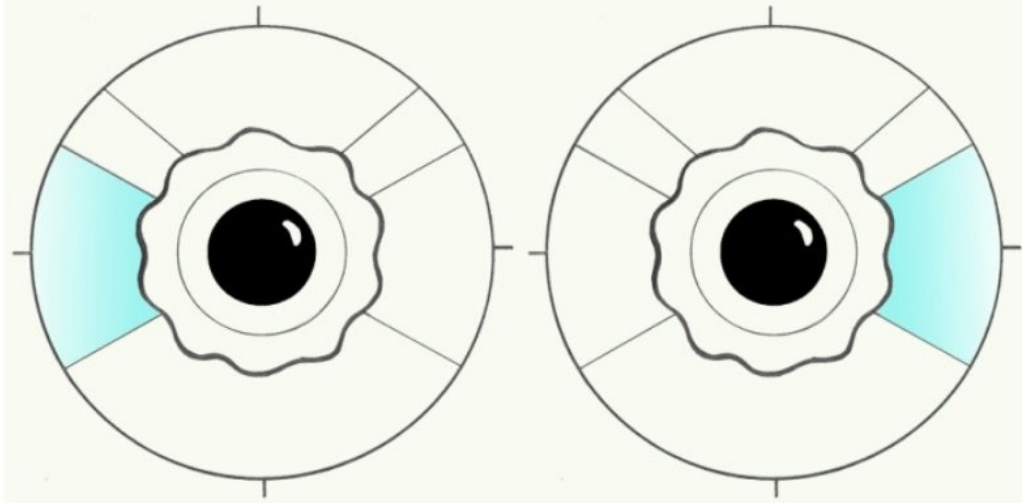


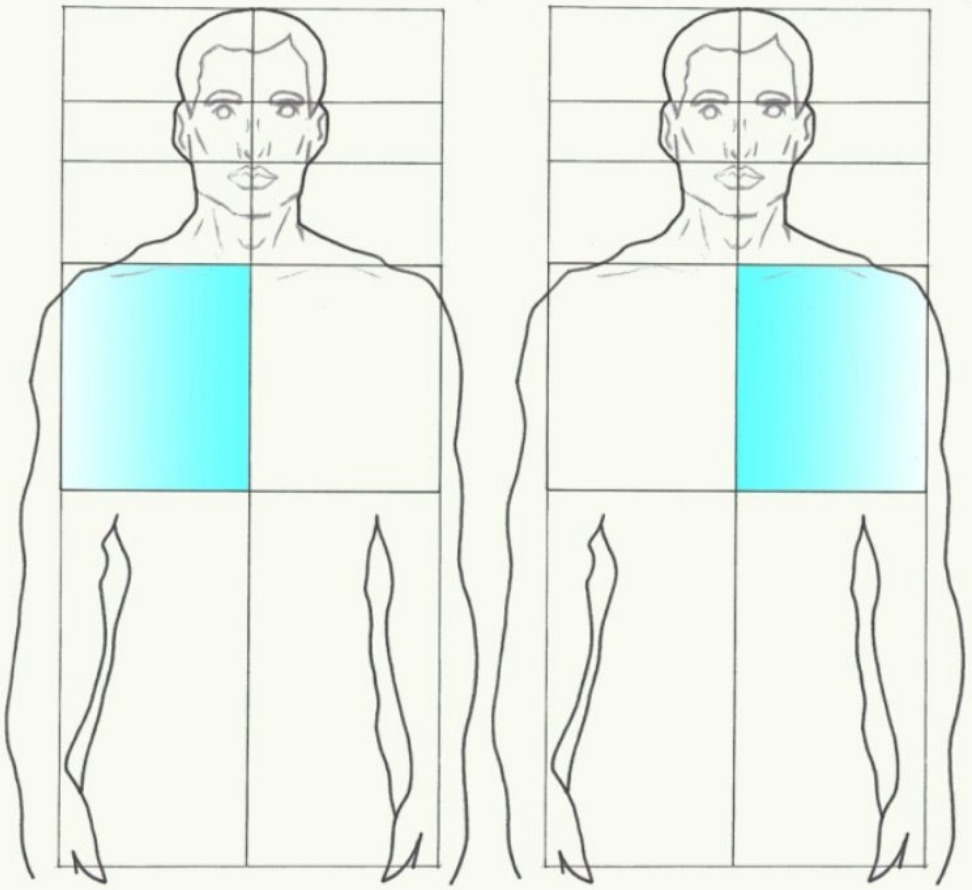
Left iris. Large brown pigment with uneven borders circled by a lightening of the surrounding texture at 08:45-09:15 o'clock forth and fifth circular ring

TEMPORAL SECTORS

Their denomination indicates the iris sector pointing toward the temple.
The right and left temporal sectors collect the projections of the lungs, bronchial hilum, breasts and thymus. Furthermore, the left temporal sector collects the projections of the heart and the aortic arch.

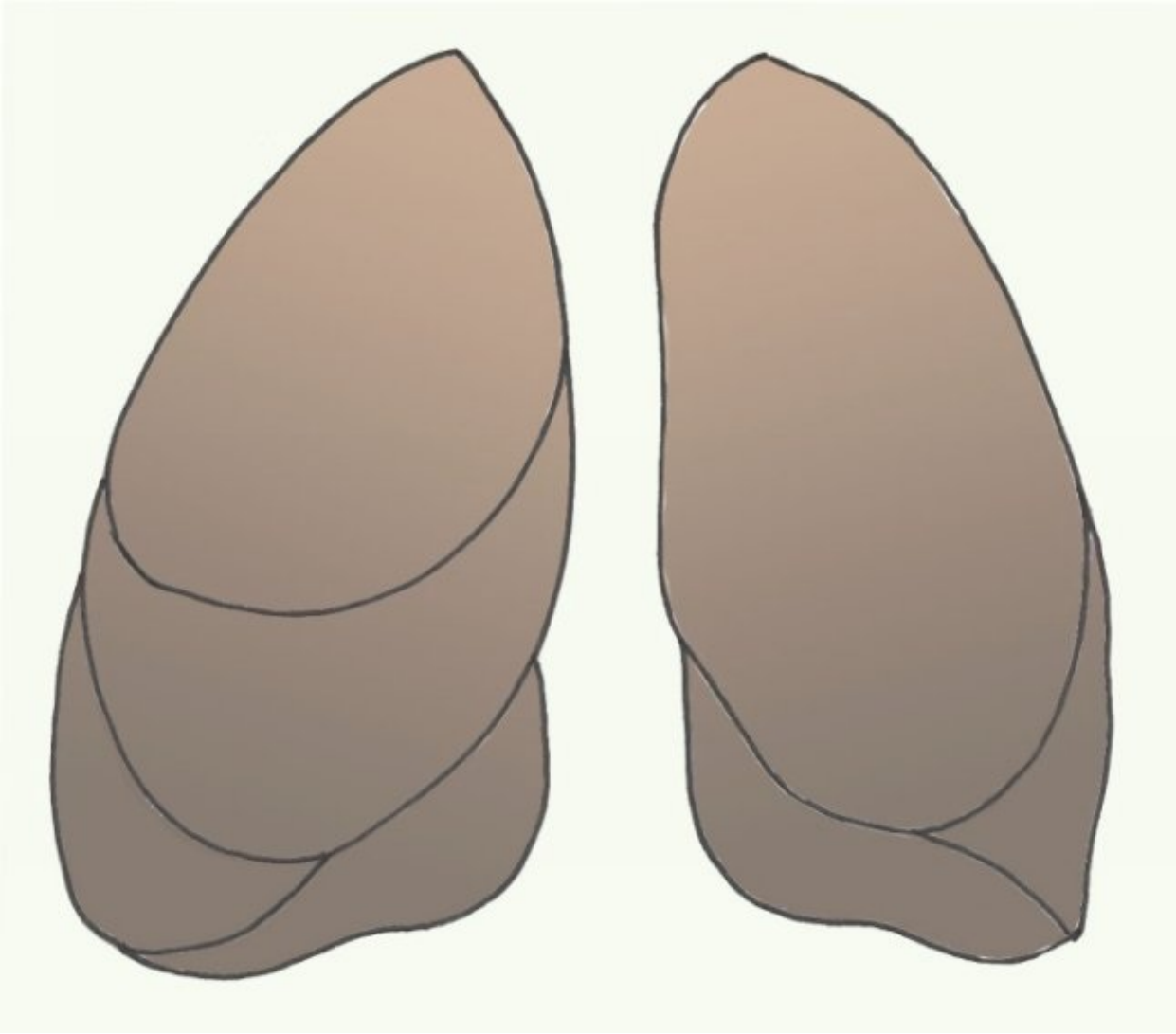
Temporal Sectors





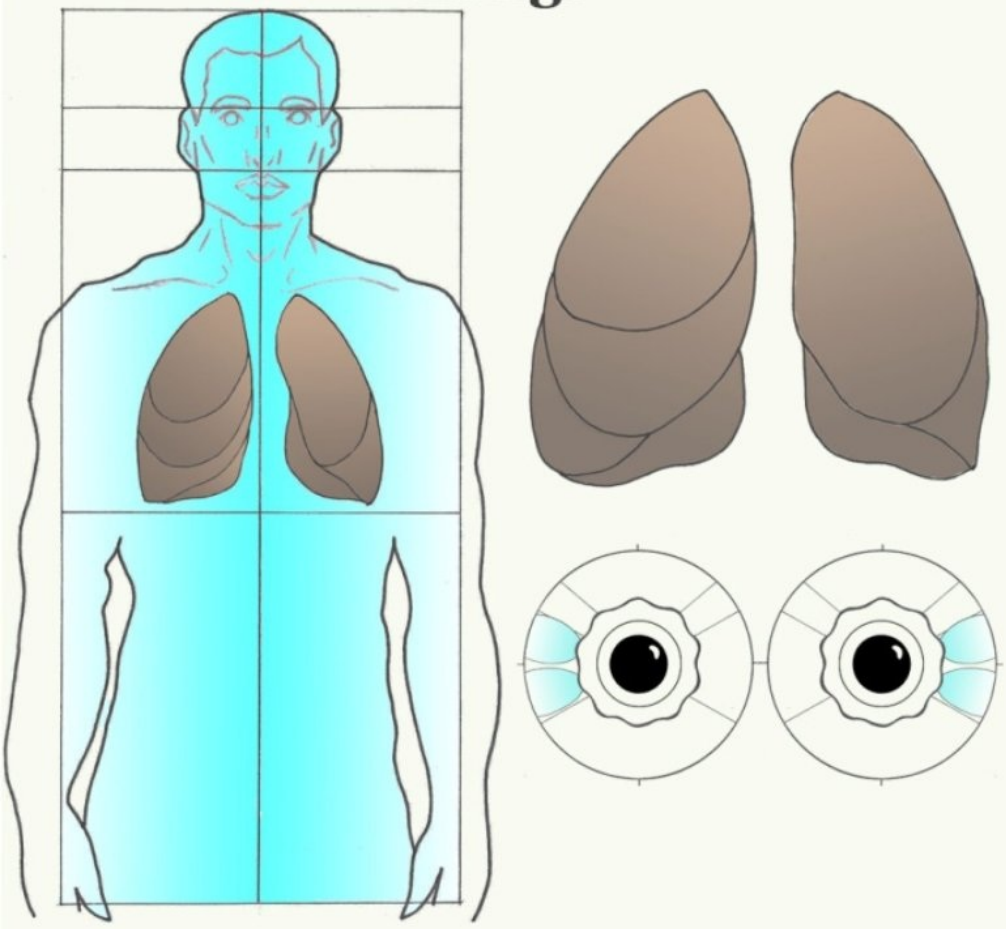
LUNGS

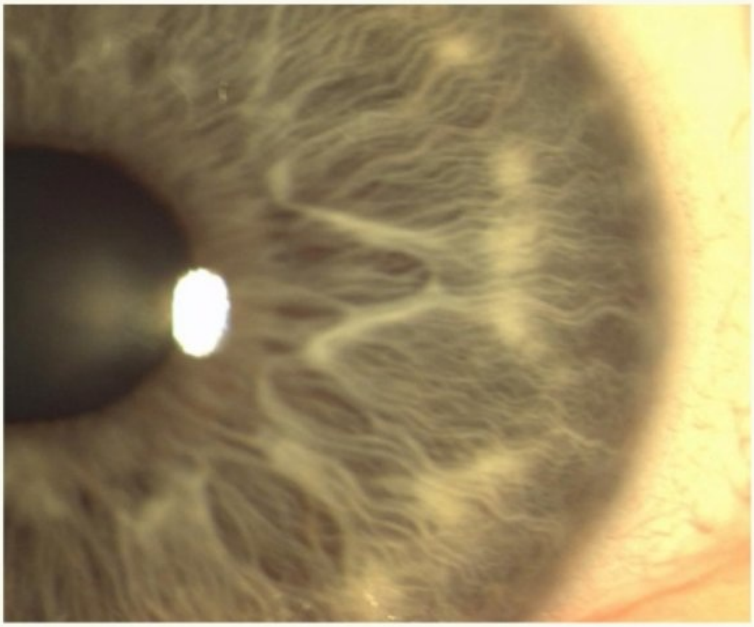
Pair of respiratory organs placed in the thorax. The right lung is made of three lobes, the left one of two lobes.

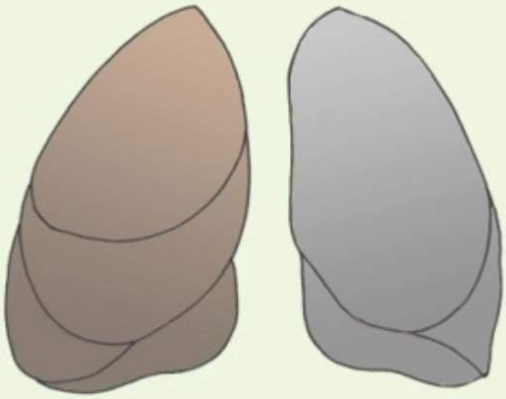
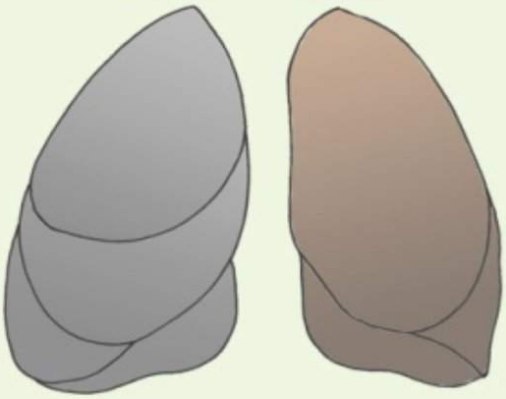
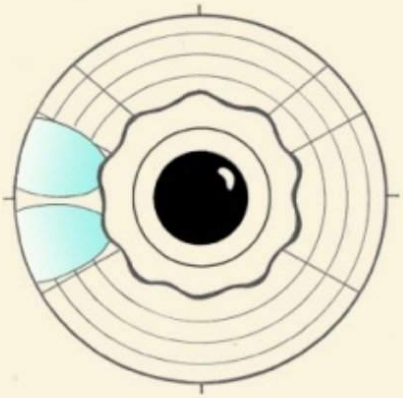
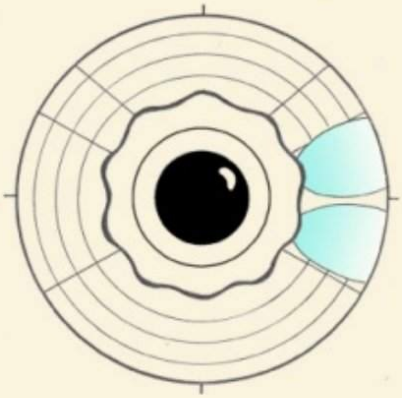


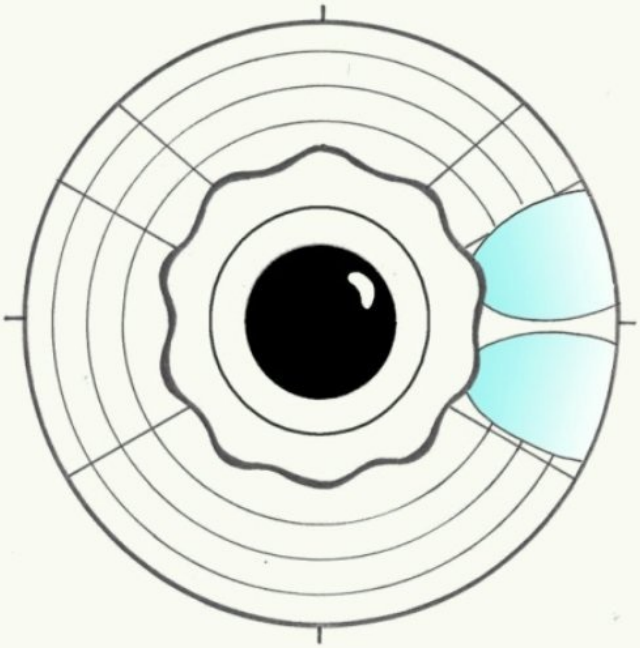
The main pulmonary functions are the transport of oxygen to tissues and the elimination of carbon dioxide. Bronchia and lungs projections cover all temporal sectors. Since temporal sectors also collect the projections of the mammalian glands and thymus, and the left temporal sector collects the projections of the heart and aorta, overlapping must be considered.

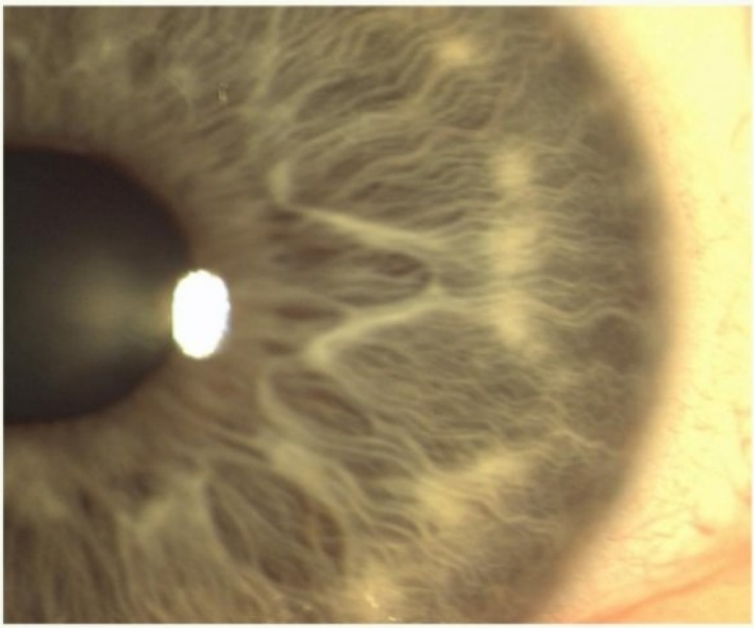
Lungs





	
	
Right iris **Right lung** **08:00-10:00 o'clock** **third, forth, fifth,** **sixth circular rings**	**Left iris** **Left lung** **02:00-04:00 o'clock** **third, forth, fifth,** **sixth circular rings**

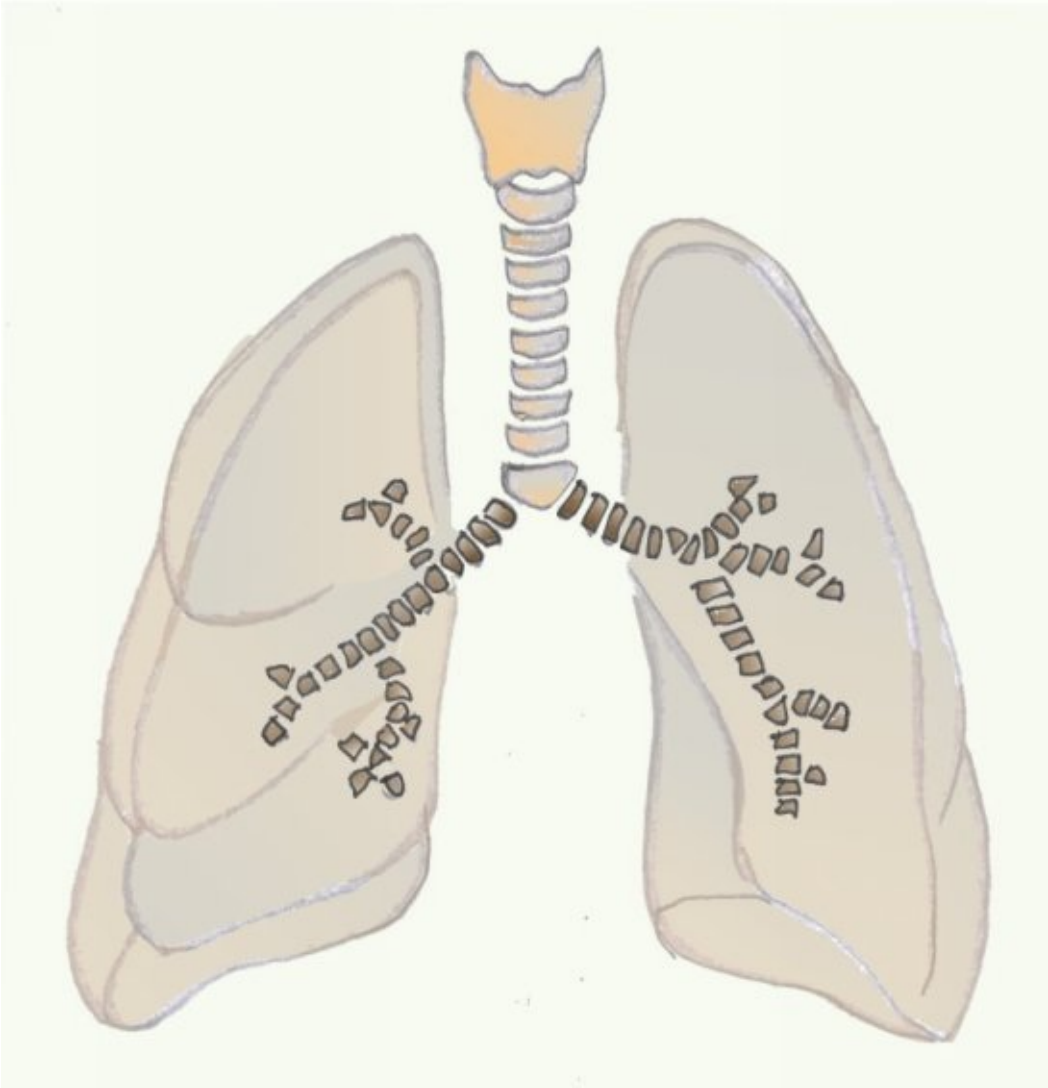




Left iris. Merging and aligned tophi associated to fiber swelling and lightening in the pulmonary projection area

BRONCHIAL HILUM

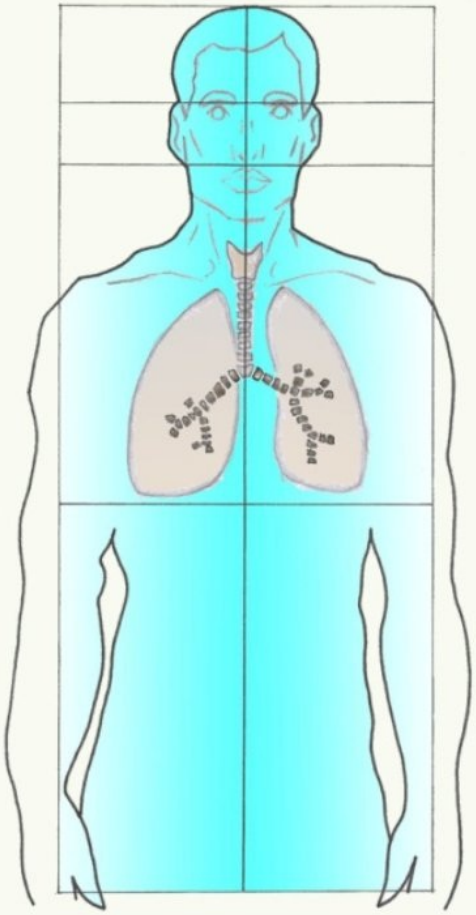
Group of bundled organs (like a fascicle: bronchia, pulmonary artery, pulmonary vein, lymphatic ducts) that flow in and out, to and from the lungs along the central portion of the median pulmonary side.

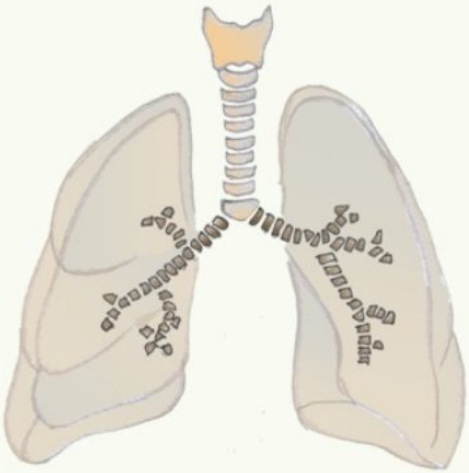


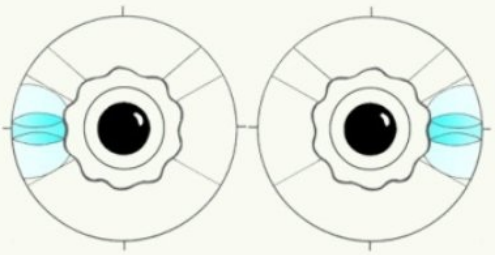
The bronchial hila are in close contact with the mediastinum from which they originate.

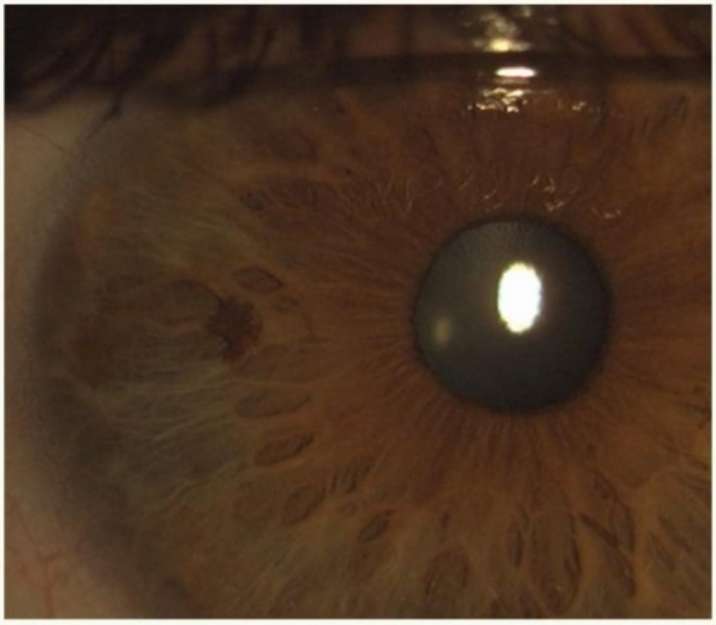
Mediastinum. The mediastinum is the space between the two lungs, bounded below by the diaphragm. The mediastinum contains the trachea, the esophagus, the thoracic duct, the heart, the descending aorta and blood vessels from and to the heart.

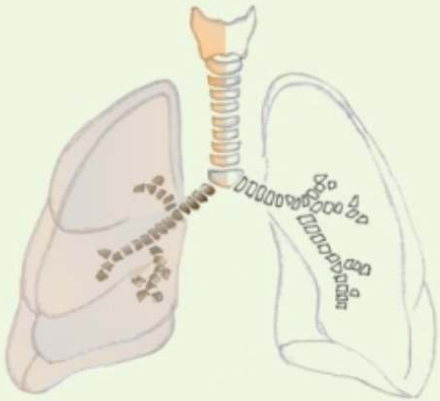
Bronchial hilum

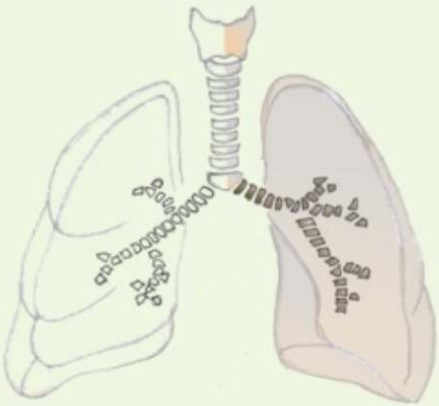


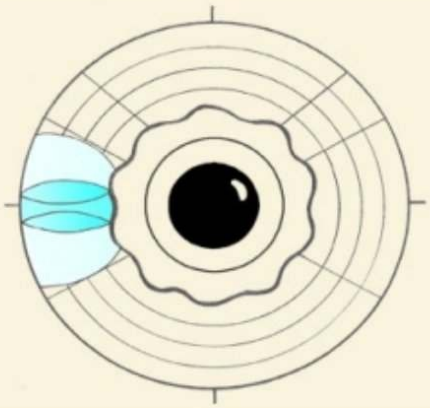


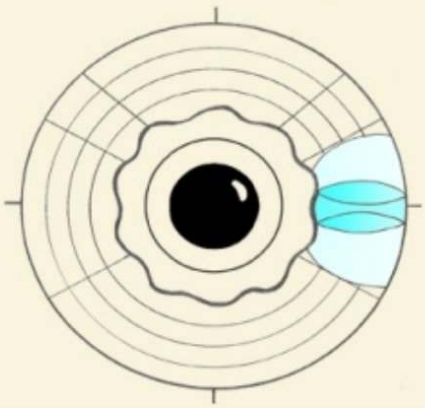






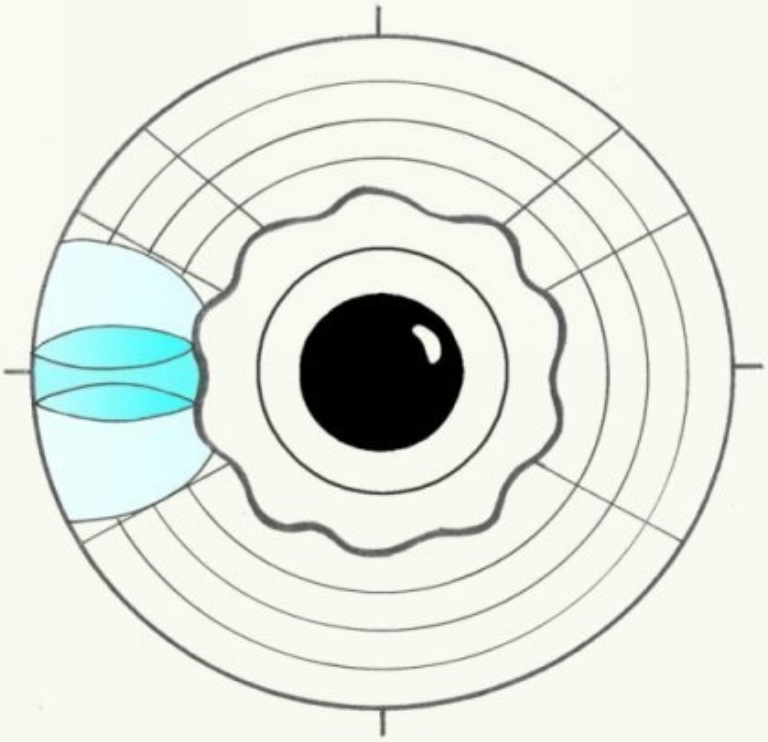


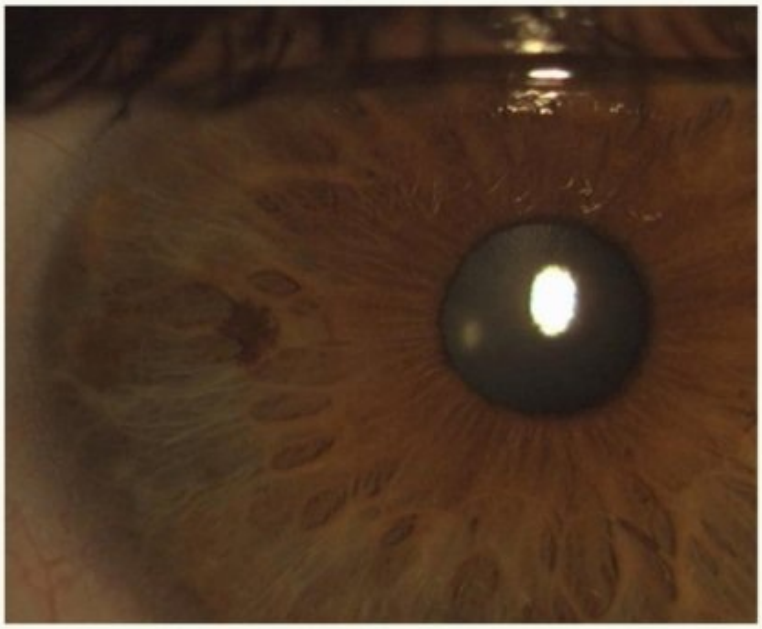




Right iris
Right bronchial hilum
08:45-09:15 o'clock
third, forth, fifth,
sixth circular rings

Left iris
Left bronchial hilum
02:45-03:15 o'clock
third, forth, fifth,
sixth circular rings

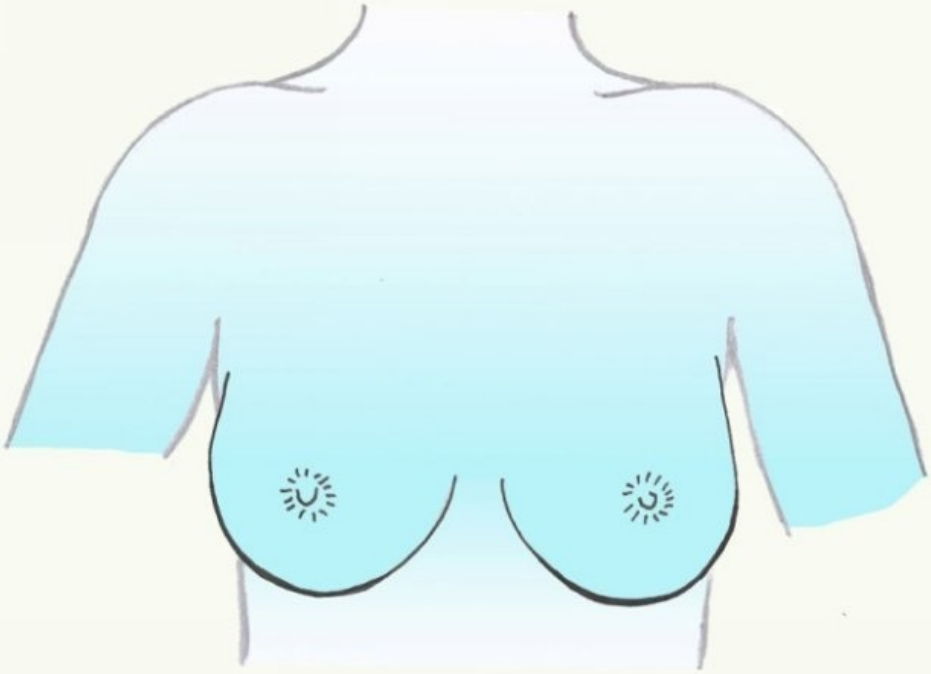


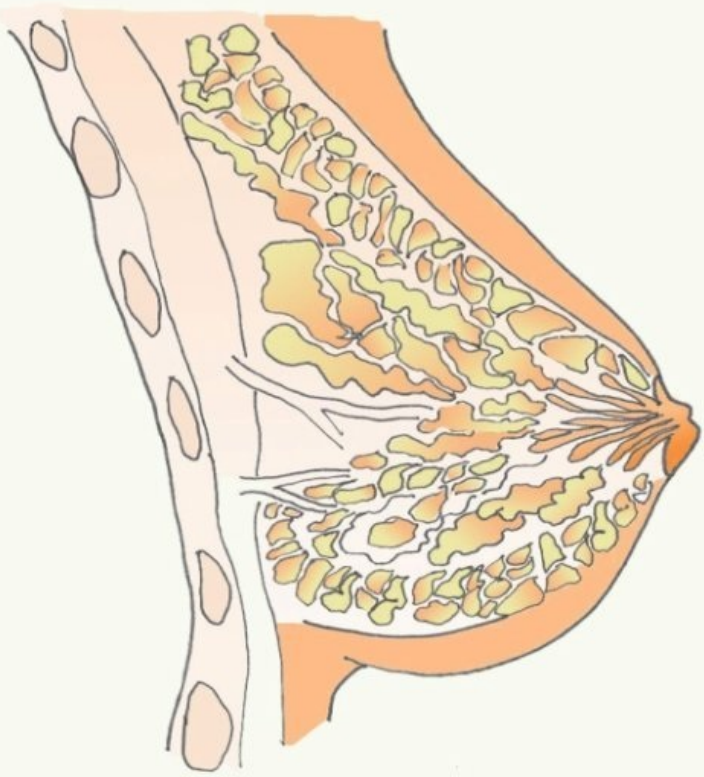


Right iris. Brown pigment at 09:00 o'clock which saturates the nerve edge and the right side of two wide dark lacunae extended from 08:45 to 09:15 o'clock in the third, forth, fifth, sixth circular rings.

BREASTS

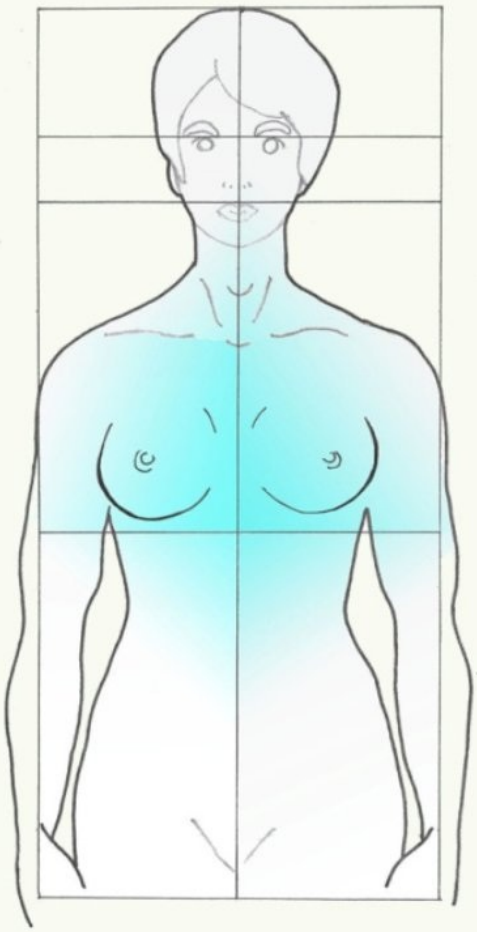
Pair of glandular organs located in the anterior trunk whose function is lactation. Well-developed in women, they appear at a rudimentary stage in men.

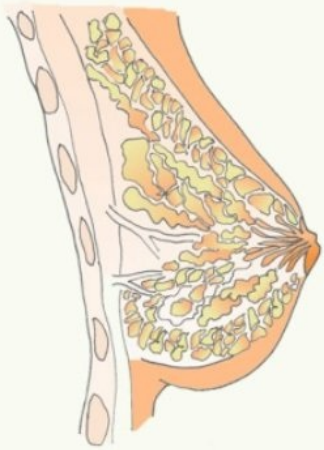


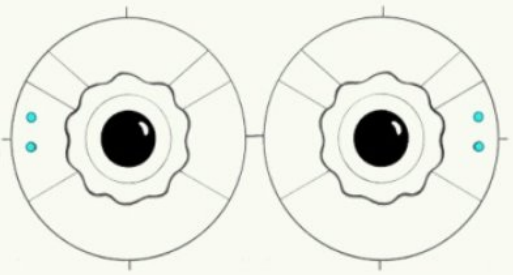


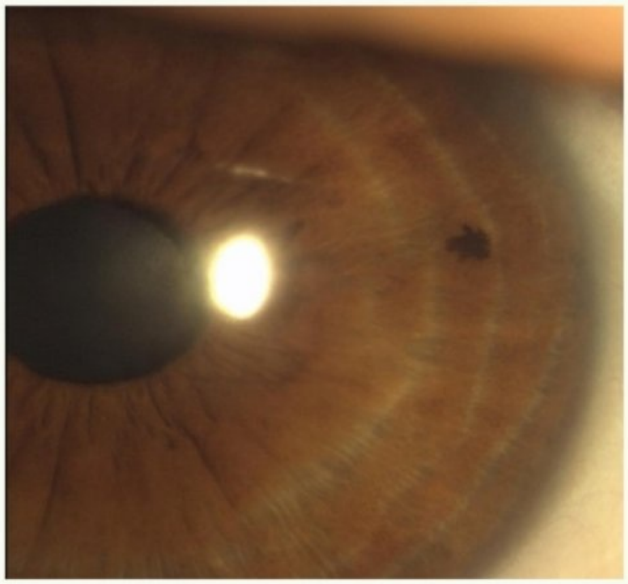
Mammary glands are acinous glands wrapped by connective and adipose tissue. Breasts projections in the iris are found in the fourth and fifth circular rings of both temporal sectors.
Possible overlapping: respiratory apparatus, heart.
Most frequent signs: dark, reddish or blackish round pigments.

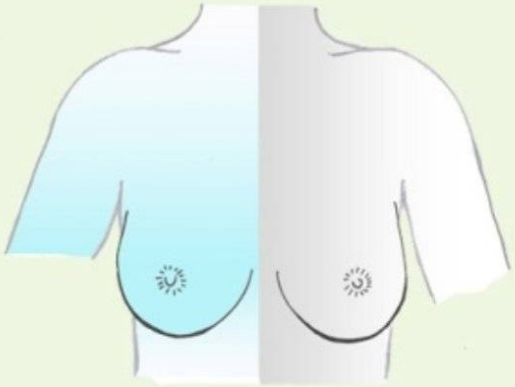
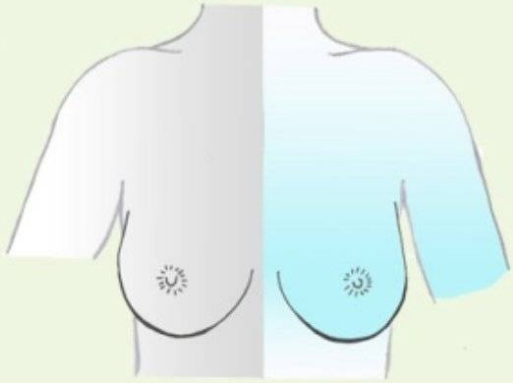
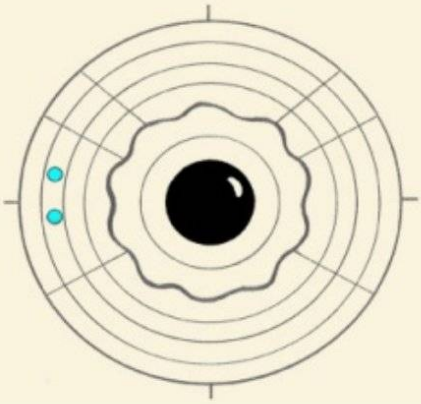
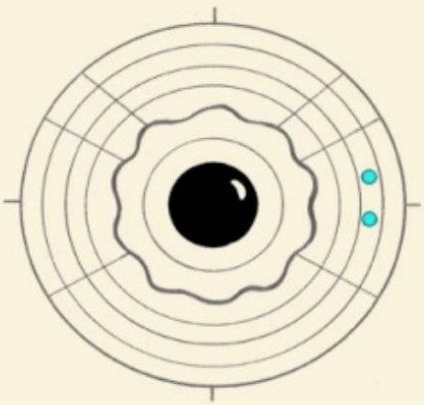
Breasts

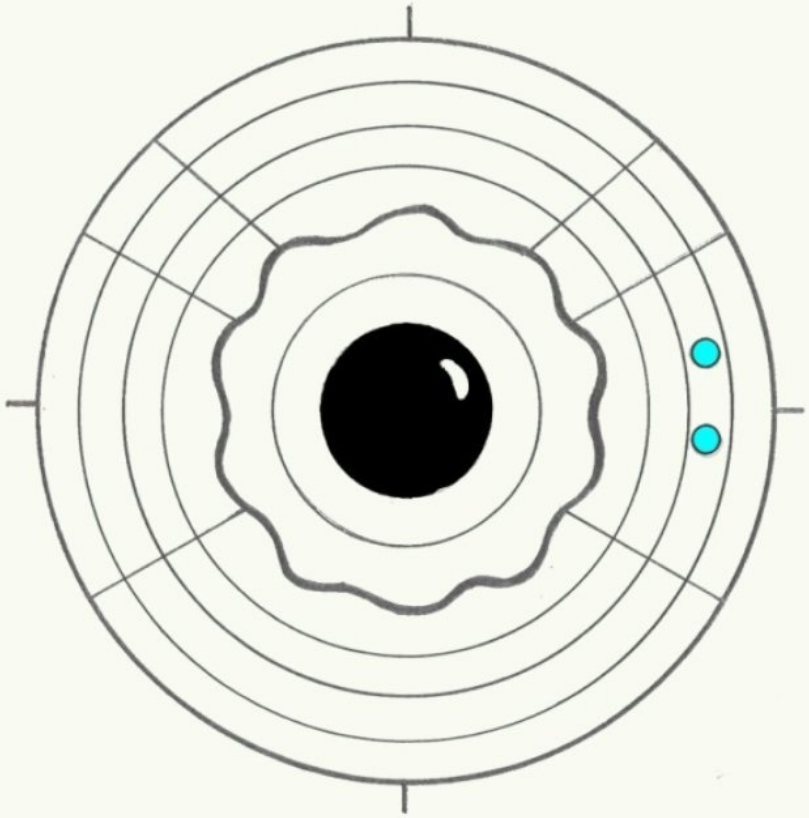


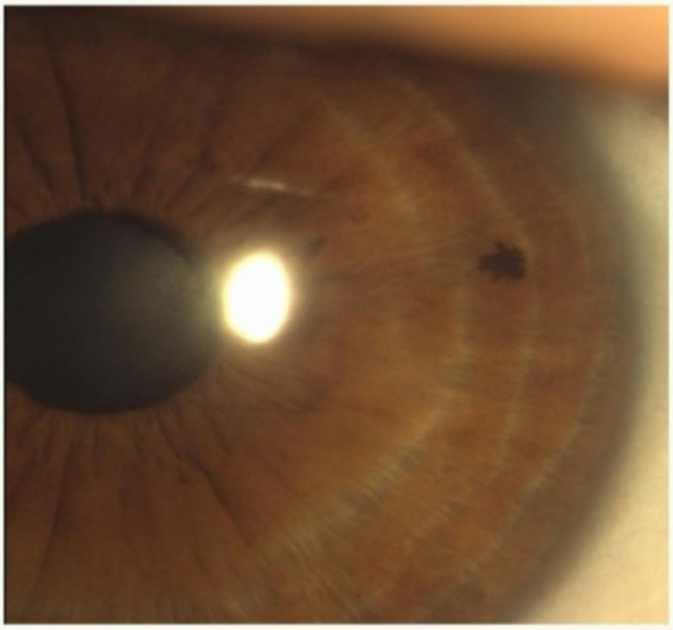






	
	
Right iris **Right breast** **07:30-09:30 o'clock** **third, forth, fifth,** **circular rings**	**Left iris** **Left breast** **02:30-04:30 o'clock** **third, forth, fifth,** **circular rings**

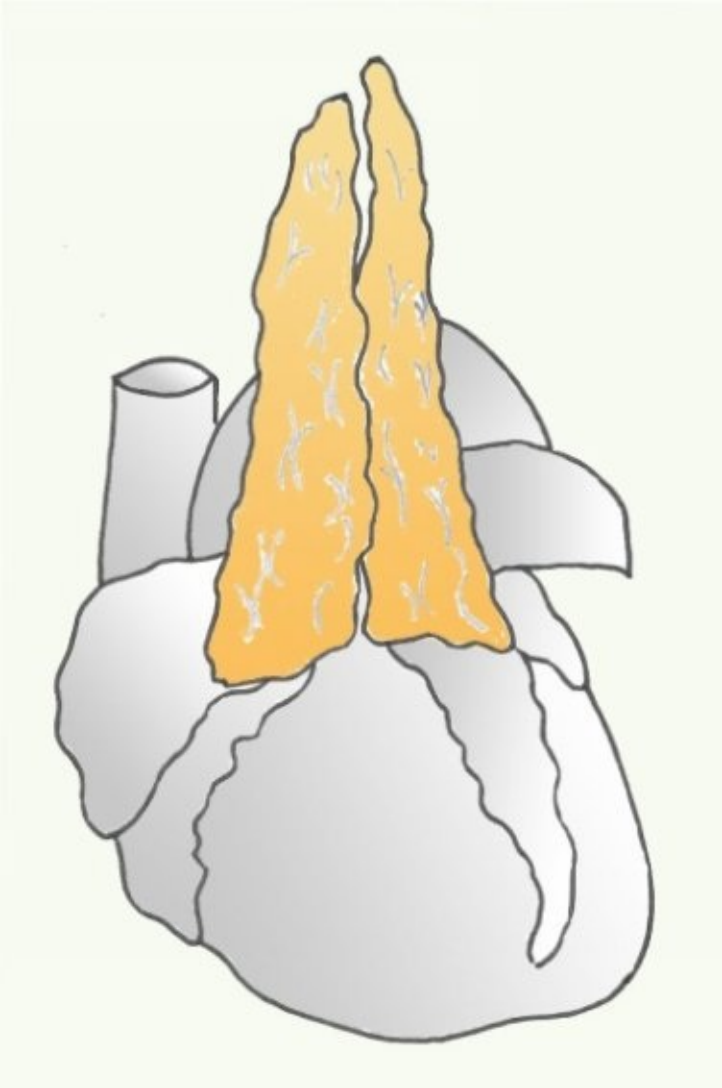




Left iris. Blackish pigment in the fifth circular ring at 02:50 o'clock (breast projection)

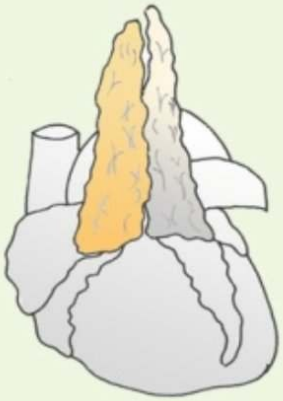
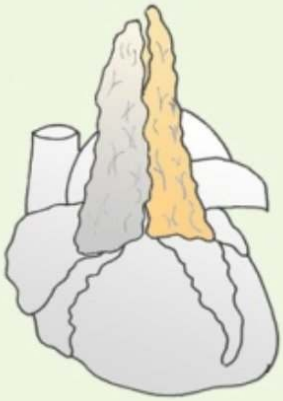
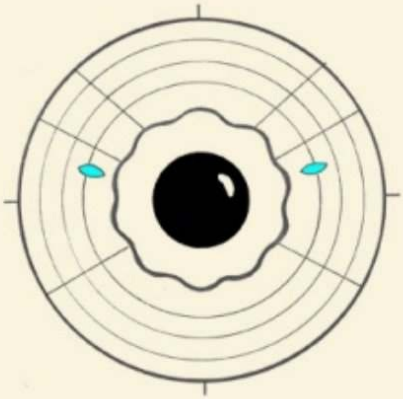
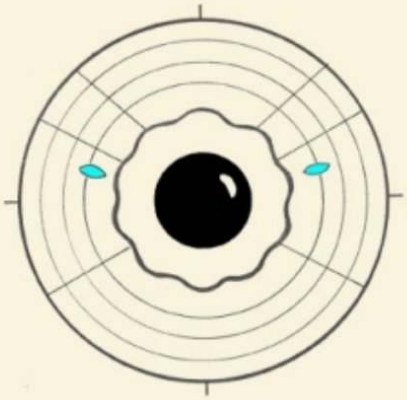
THYMUS

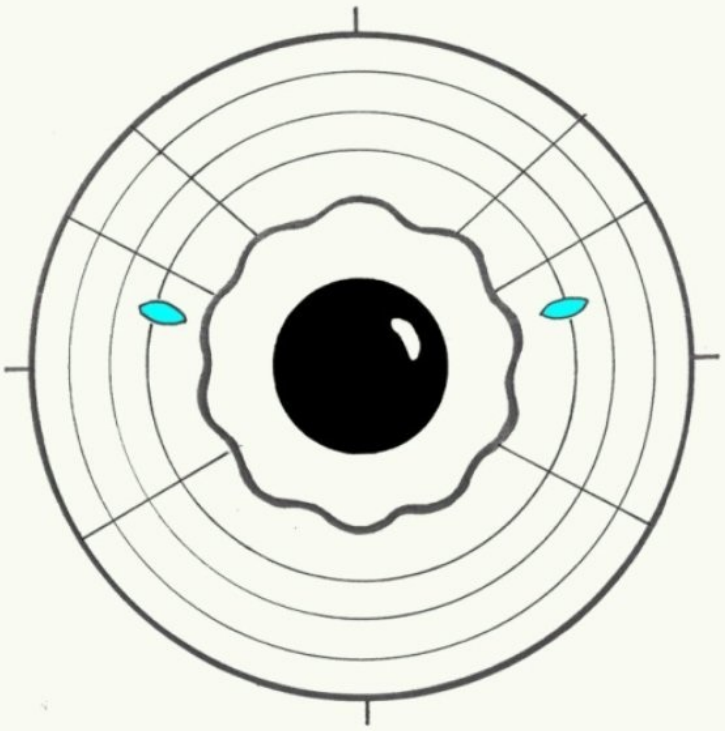
Immunitary gland located between the sternum and the pericardium. It is made of two pyramidal lobes with their base on the antero-superior part of the heart and their apex in the lower half of the neck close to the thyroid.

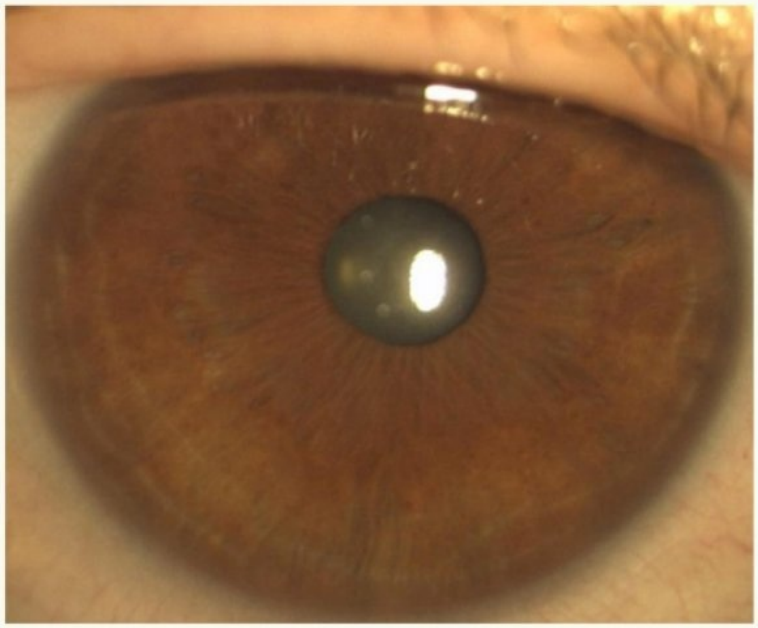


It weighs about 15 gr at birth, reaches its utmost development at 2 years of age (30 gr) and eventually undergoes a slow gradual regression. During its development it gets infiltrated by adipose tissue and it becomes part of the sub-sternal fatty tissue that separates the pericardium from the breastbones. The projections of the thymus are found in the nasal as well as in the temporal sectors of both irises. They are usually small deep lacunae leaning against, or

very close to, the nerve edge, and a little above 03:00 and 09:00 o’clock.

	
	
Right iris **Right thymus lobe** **02:45-03:00 o'clock** **and** **09:00-09:45 o'clock** **third, forth,** **circular rings**	**Left iris** **Left thymus lobe** **02:45-03:00 o'clock** **and** **09:00-09:45 o'clock** **third, forth,** **circular rings**

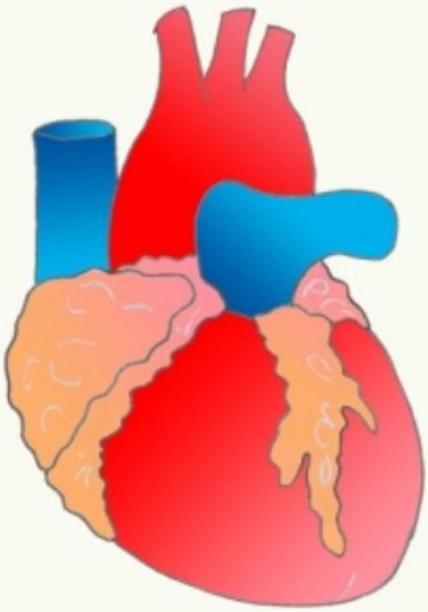


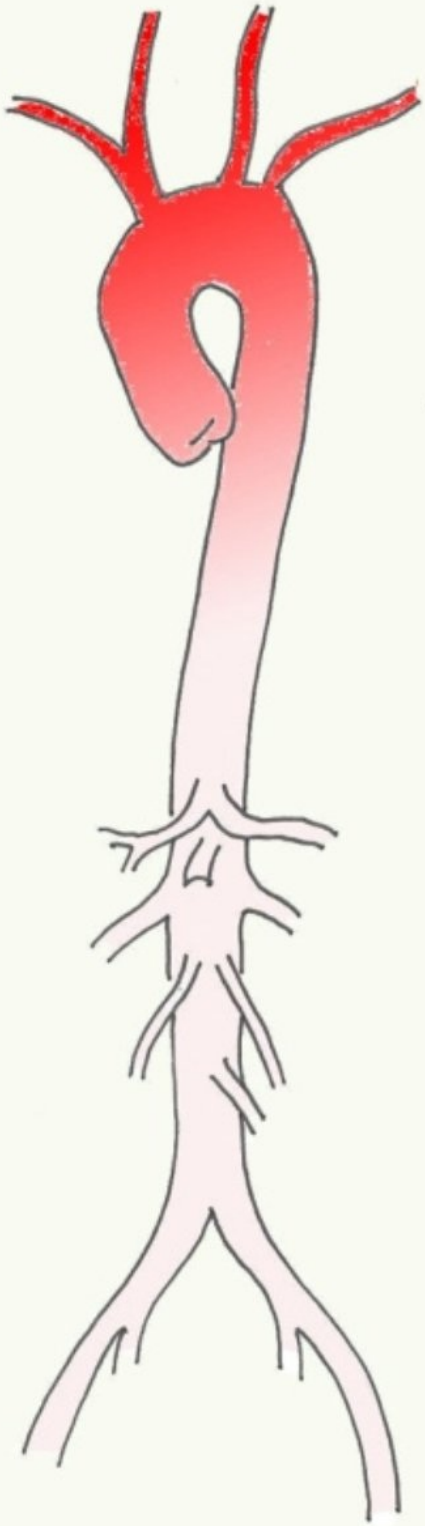


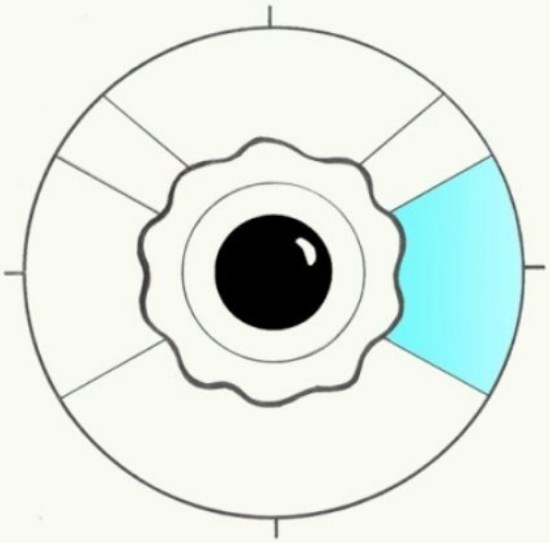
Right iris. Triple little lacuna against the nerve edge just above 03:00 o'clock. Little diamond shaped lacuna wedged into the nerve edge just above 09:00 o'clock.

LEFT TEMPORAL SECTOR

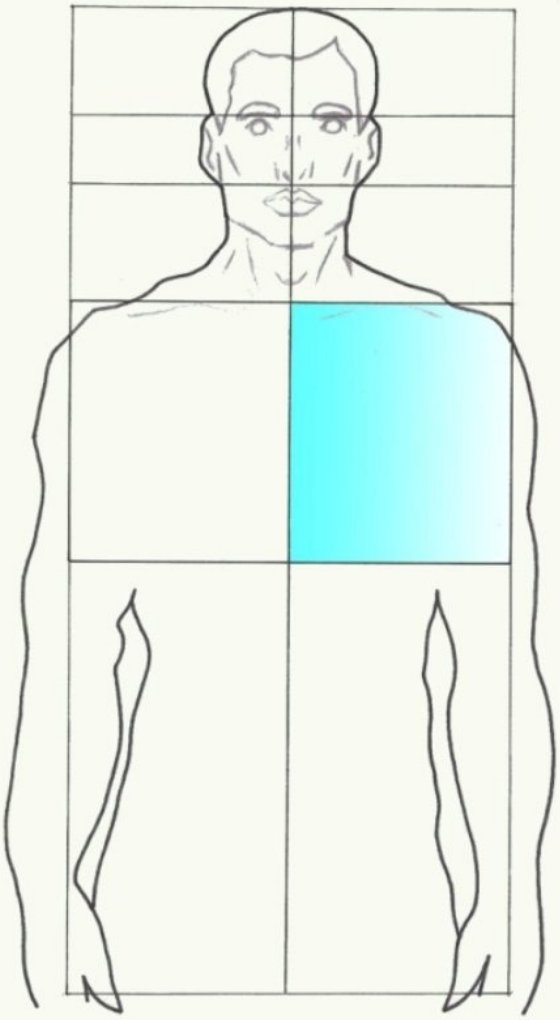
The left temporal sector is to be treated separately as it collects the projections of the heart and aortic arch.





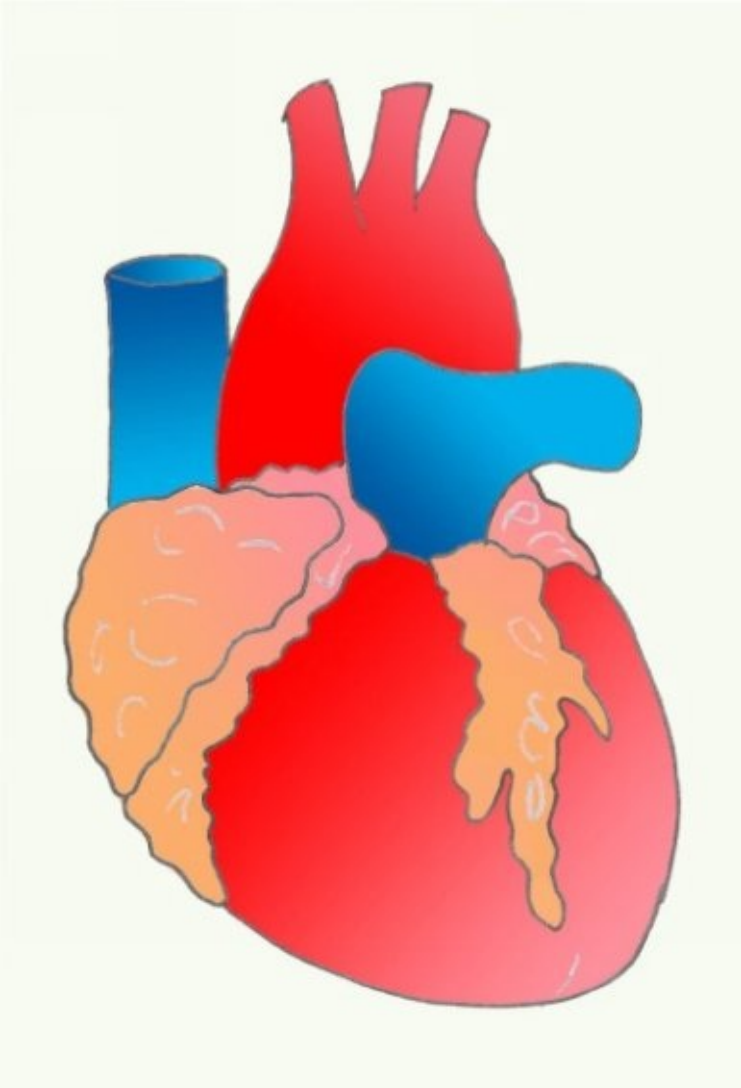


Left iris



HEART

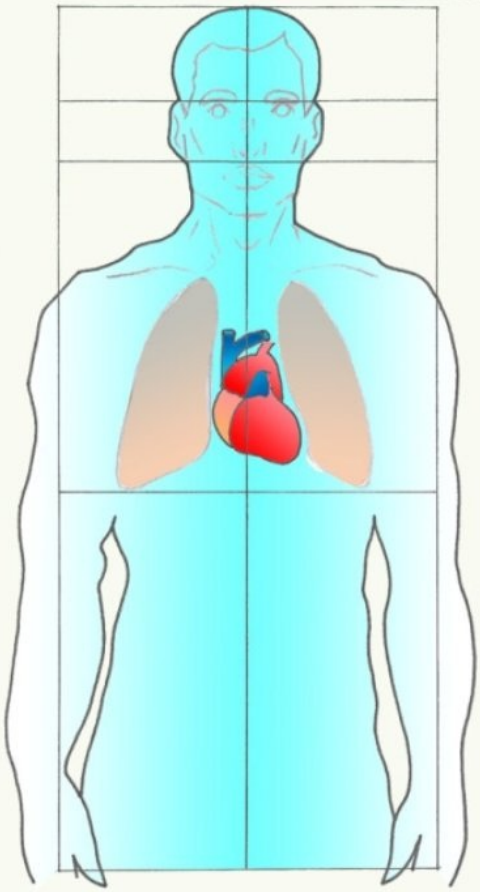
Muscular organ located in the chest wall. It is divided into four cavities, two upper ones (atria) and two lower ones (ventricles), separated by valves (tricuspid on the right, mitral on the left).

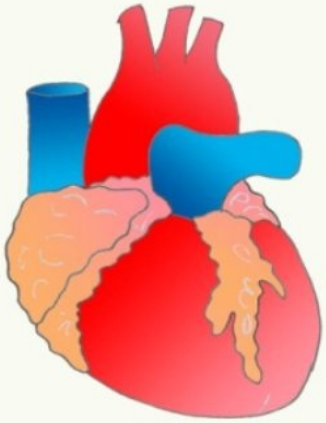


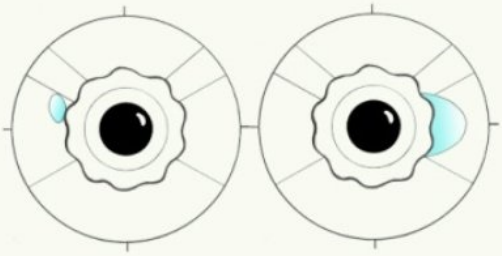
It functions like a pump exercising a suction force when it expands (diastole) and a pressure when it contracts (systole). The suction creates a depression that draws blood from circulatory system whereas the contraction exercises a pressure necessary to send the blood into the circulatory system. The right heart collects venous blood lacking oxygen that comes from the whole body and sends it to the lungs. The left heart collects the oxygenated arterial blood coming from

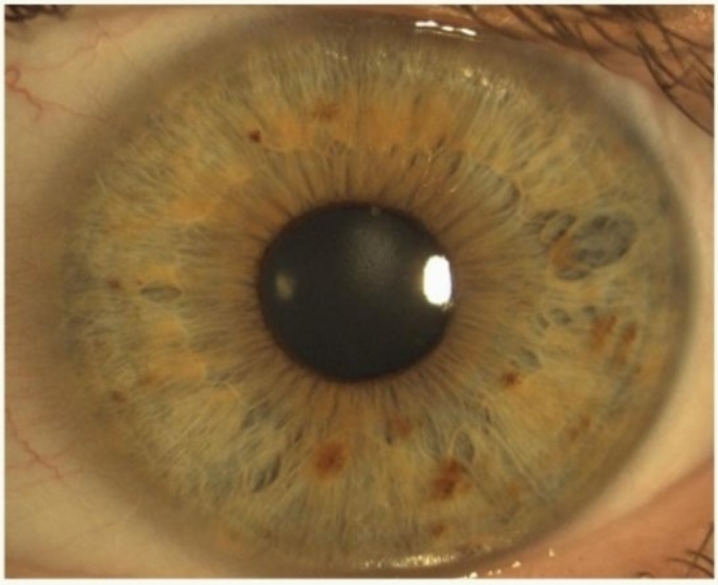
the lungs and pumps it into circulatory system through the aorta and its ramifications. Heart projections in the iris are found mainly in the left temporal sector in the third, fourth, fifth circular ring, 02:30-03:30 o’clock.

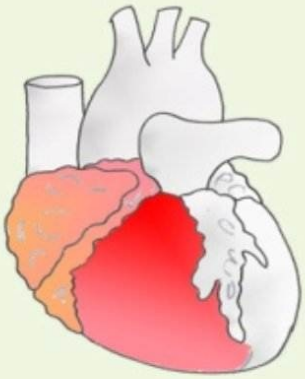
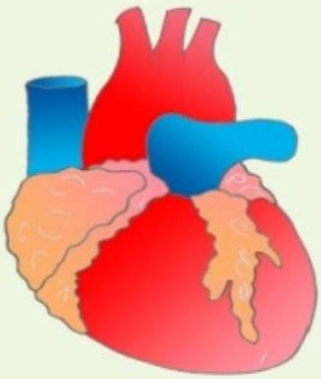
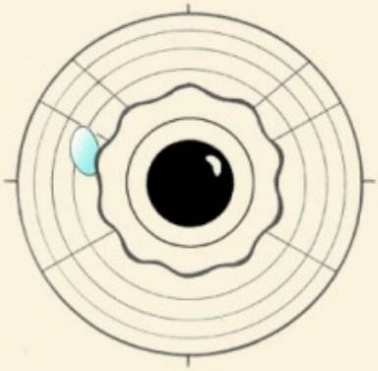
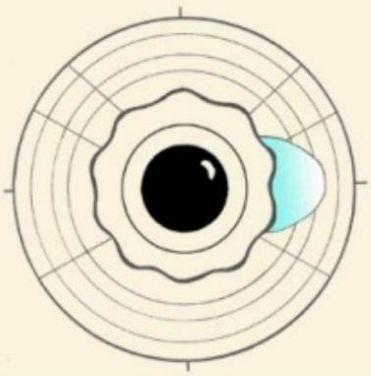
Heart

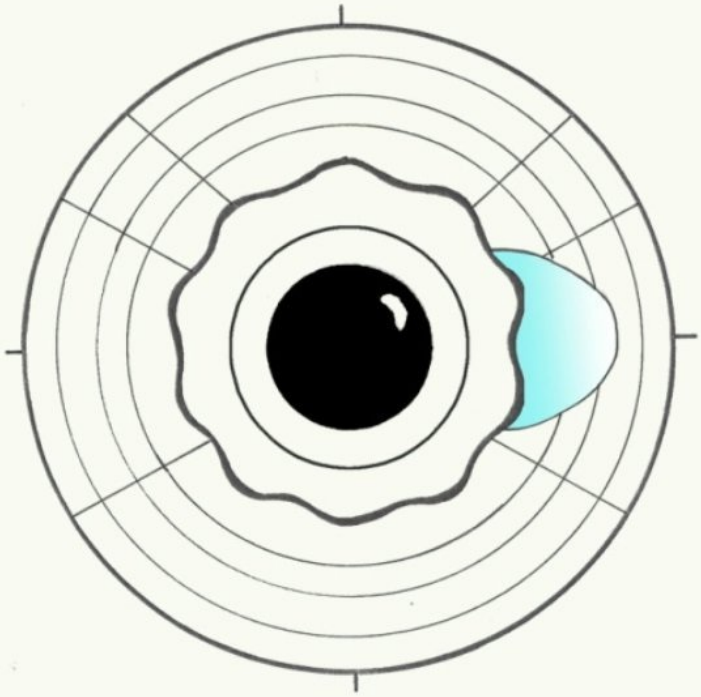


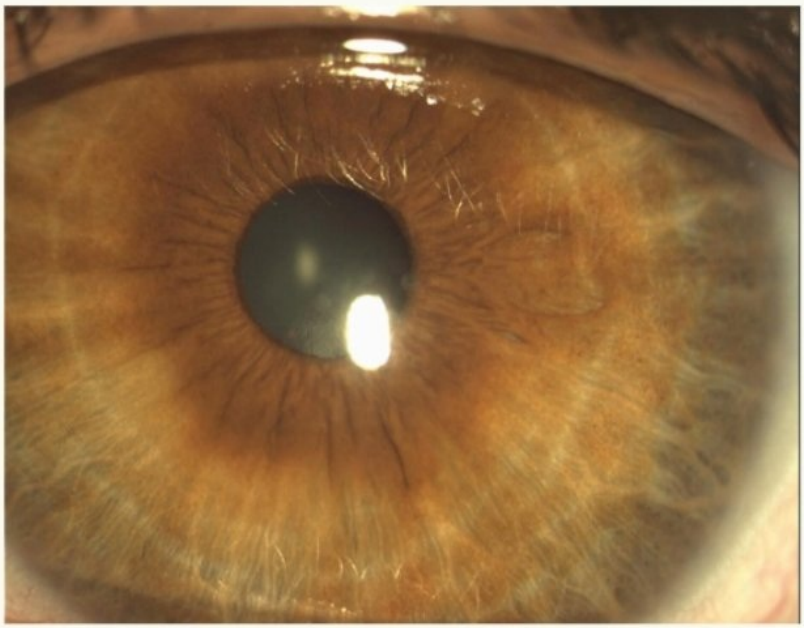




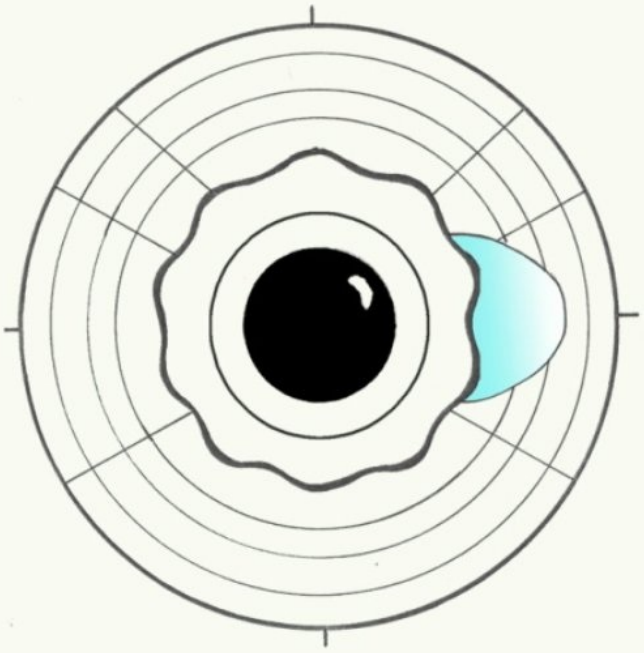


	
	
Right iris **Right heart** **09:00-09:300 o'clock** **third, forth,** **circular rings**	**Left iris** **Heart** **02:30-03:30 o'clock** **third, forth, fifth** **circular rings**





Left iris. Two medium lacunae against the nerve edge at 03:00-03:15 o'clock in the third, forth circular rings.

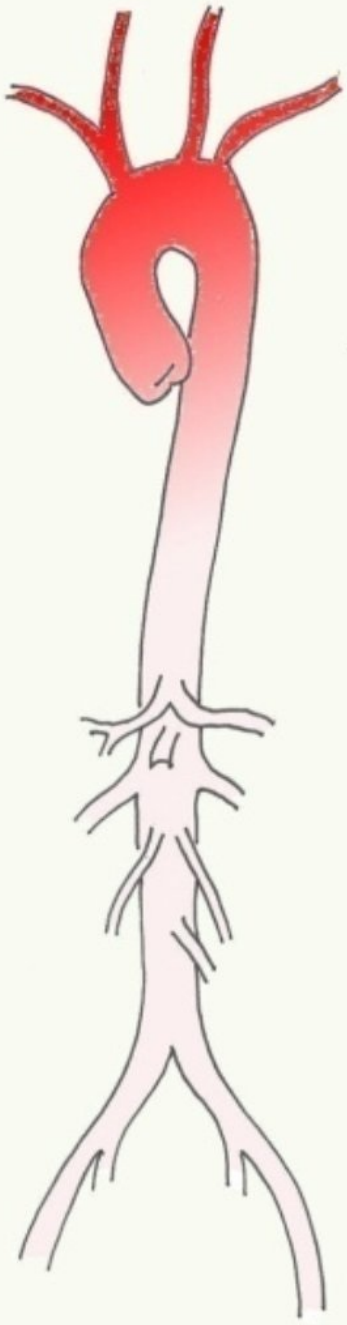


Left iris. Wide multiple lacuna at 02:30-03:00 o'clock in the third, forth, fifth circular rings.

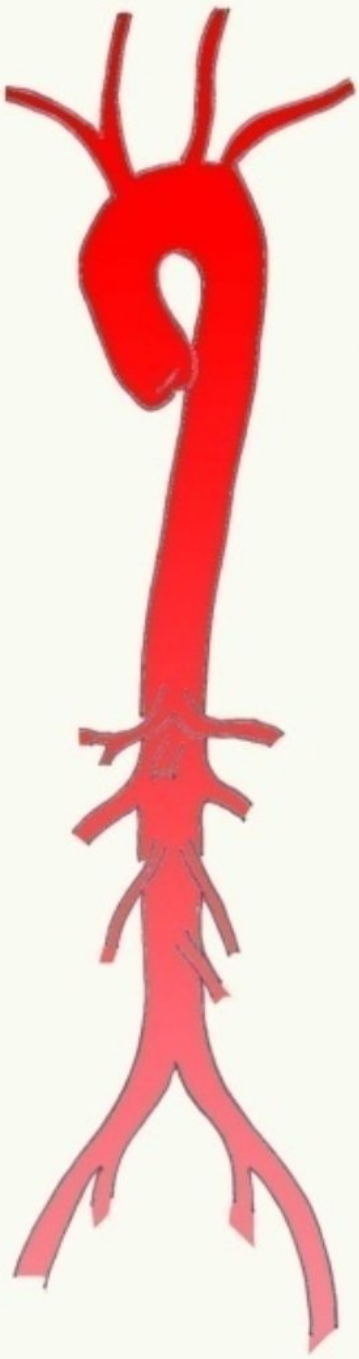
Heart projections rarely show in the temporal sector of the right iris along the nerve edge at 09:00 o'clock. When this is the case, the state of the right heart must be taken into account (dilation of ventricle and atrium: pulmonary heart).
A lacuna leaning against the nerve edge of the left iris at 03:00 o'clock is frequently observed: it is a marking often associated to cardiac valve impairment (mitral insufficiency).

AORTA

Main artery of the human body. It begins in the left cardiac ventricle (aortic arch), continues along the rib cage (thoracic aorta), the abdominal cavity (abdominal aorta) and ends in the lower abdominal cavity branching into two trunks (common iliac arteries) which go towards the lower limbs.
Arterial branches depart from the aorta to the whole body.

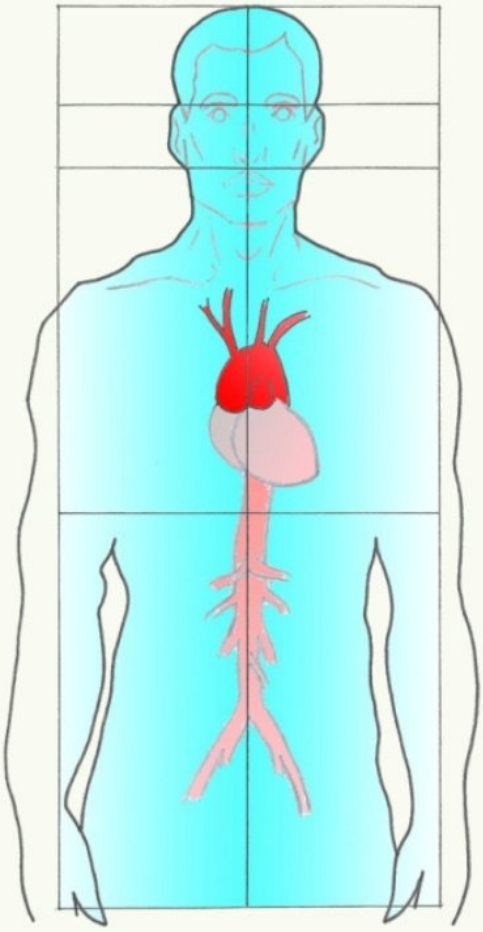


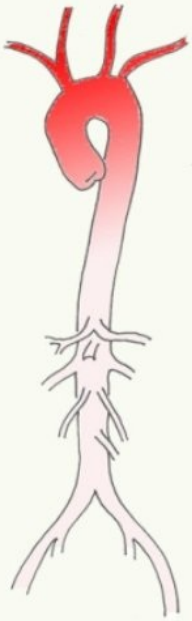
Aortic arch

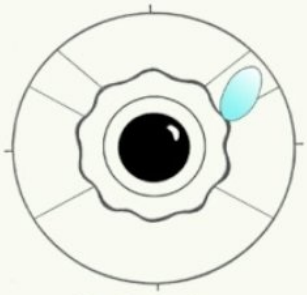


Aorta

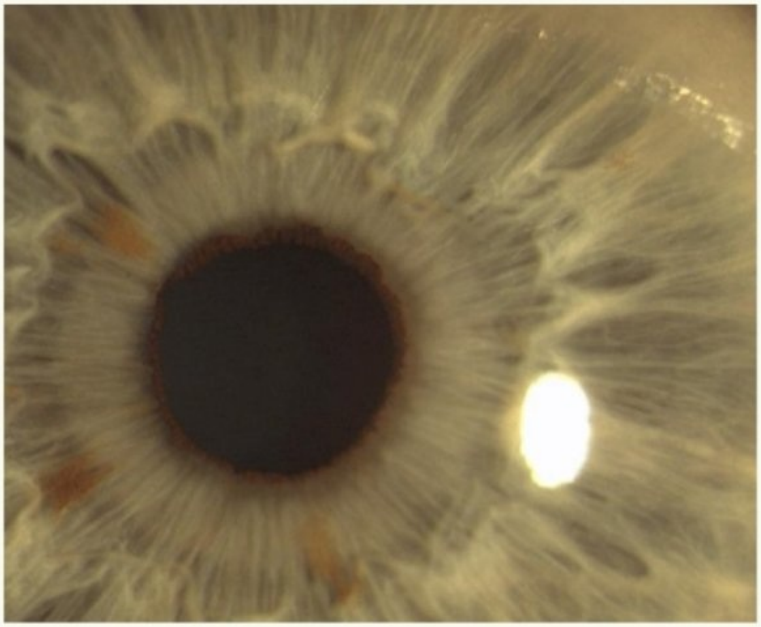
Aortic arch

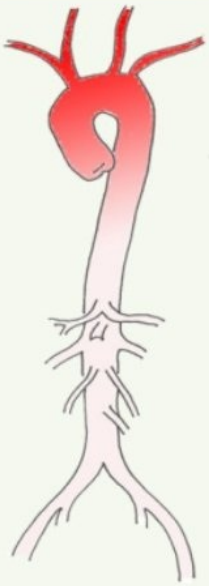


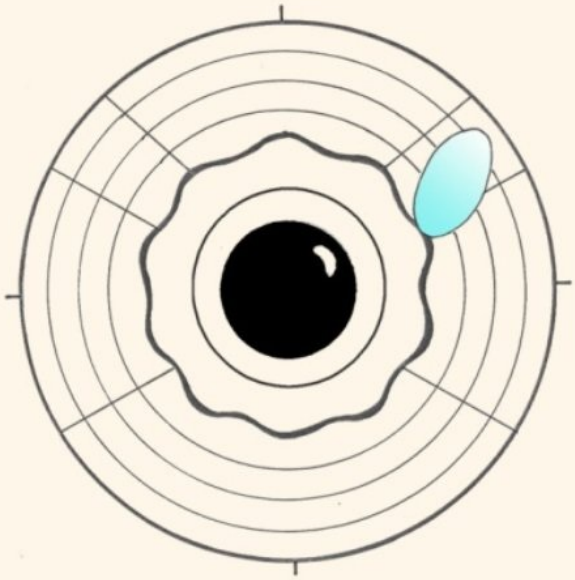




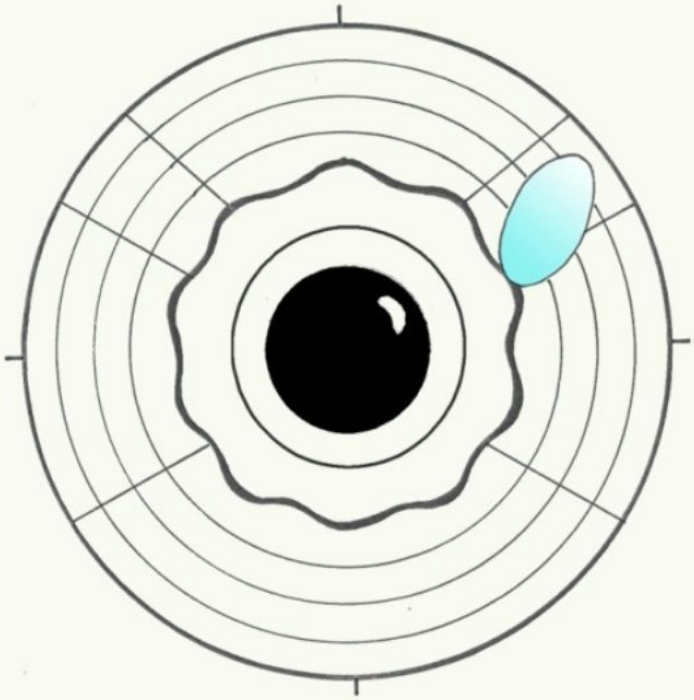
left iris

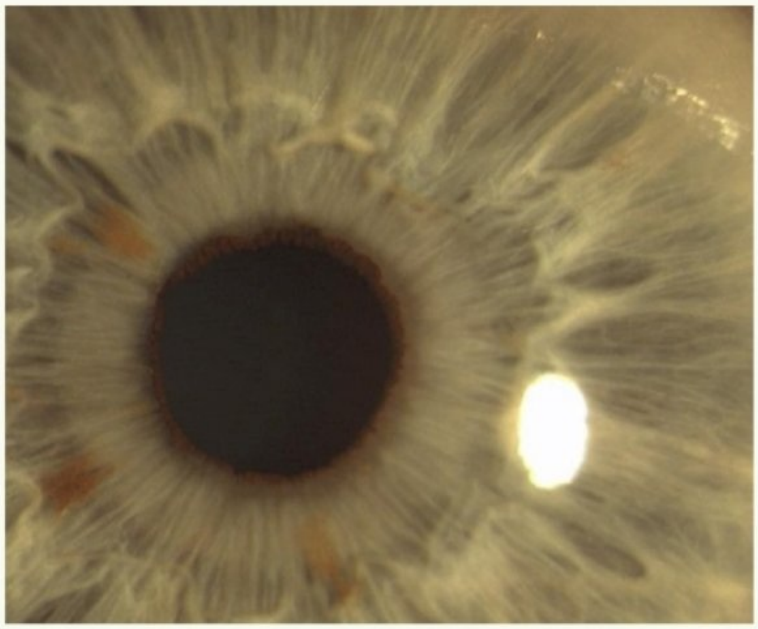




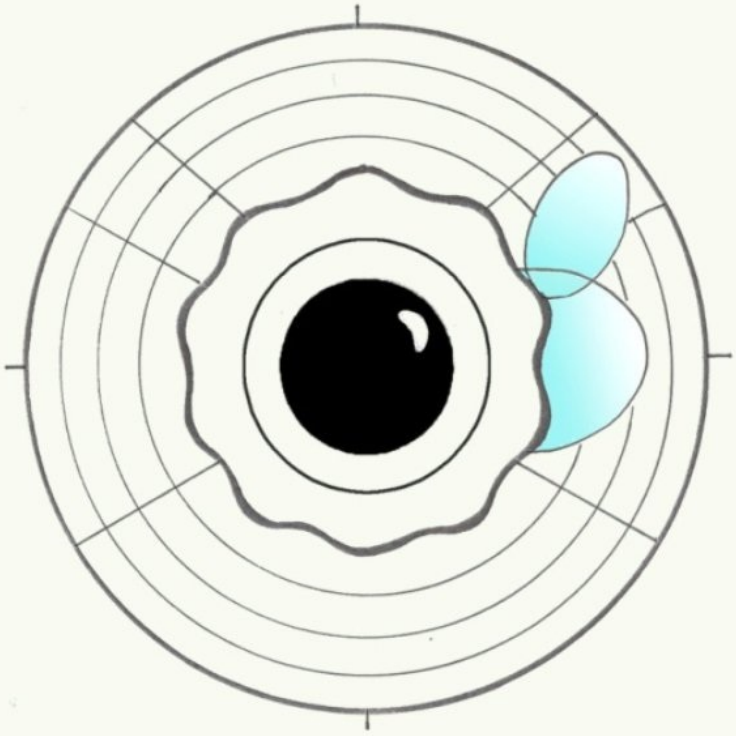


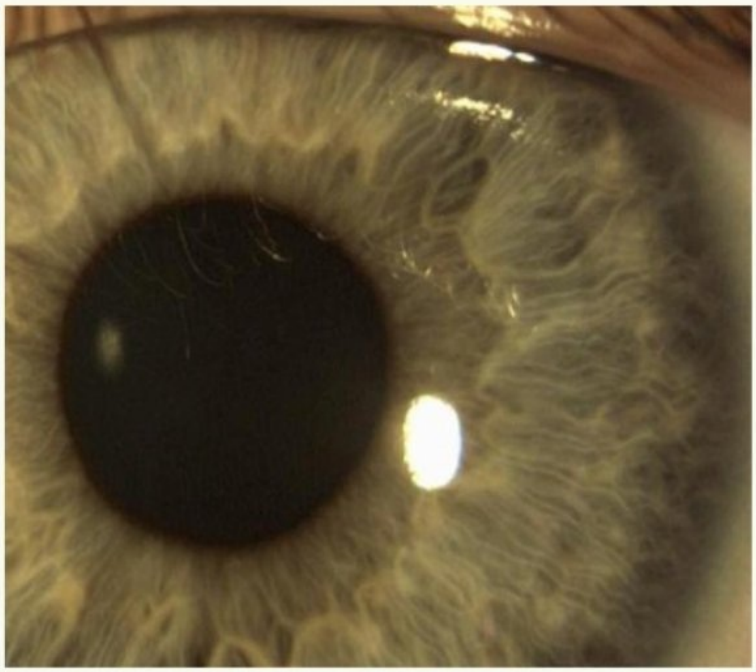
Aortic arch. Left iris. 02:30-03:00 o'clock third, forth, fifth circular rings.





Left iris. Bright swollen fibers and deep lacunae at 02:30-03:00 o'clock in the third, forth, fifth circular rings.

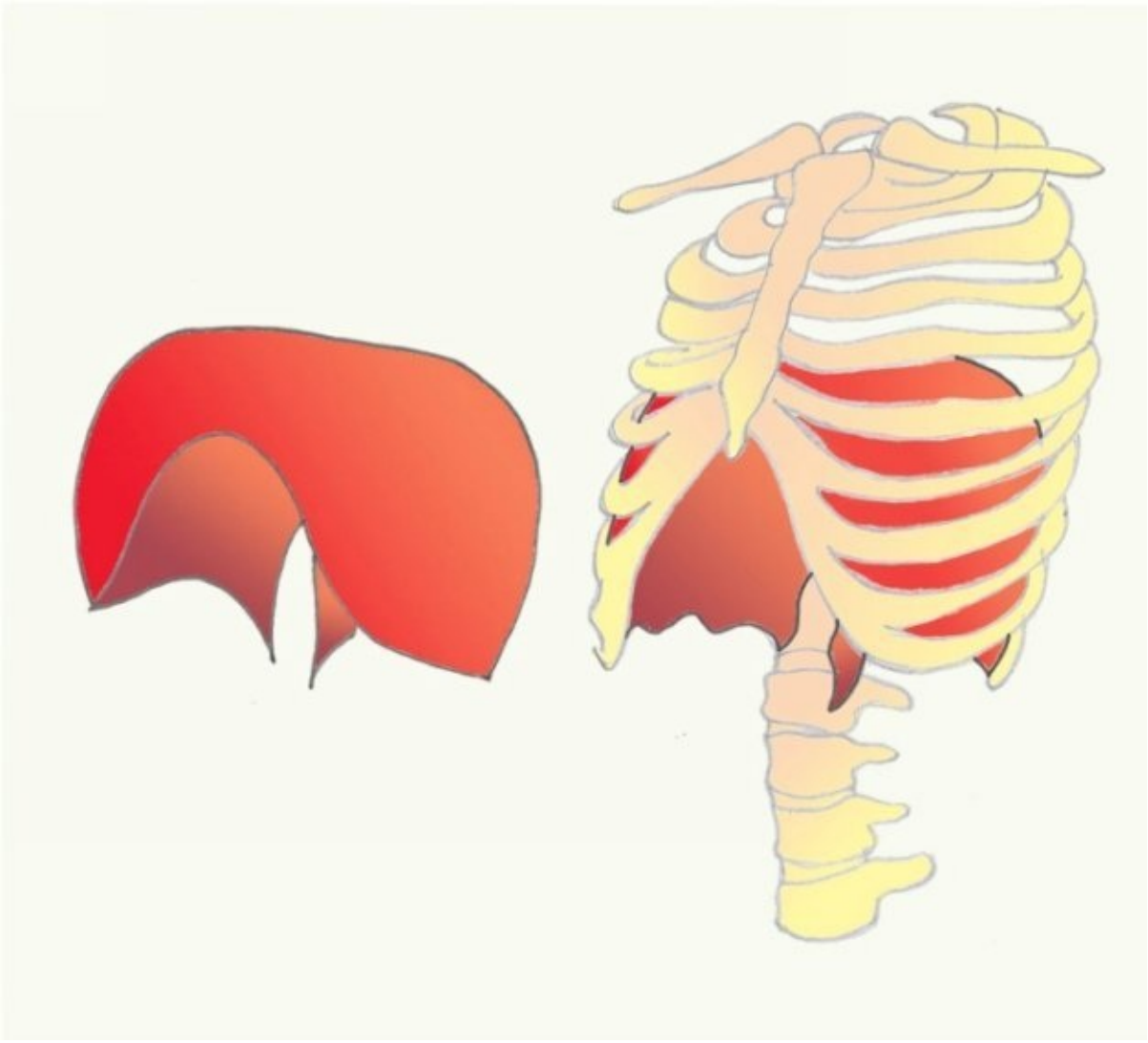




Left iris. Three deep lacunae leaning against each other at 14:00-14:30 o'clock. Swollen bright fibers and lacuna at 14:30-03:00 o' clock.

DIAPHRAGM

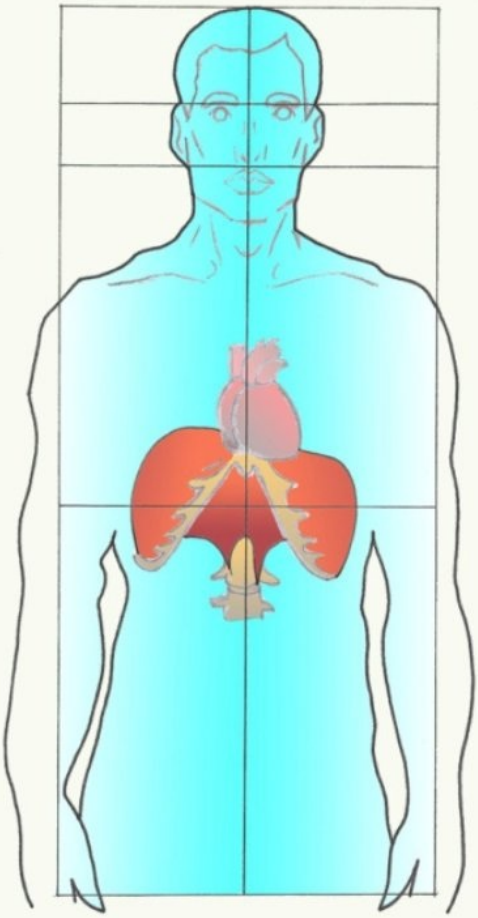
Wide vault-shaped muscle that separates the thoracic cavity from the abdominal one.

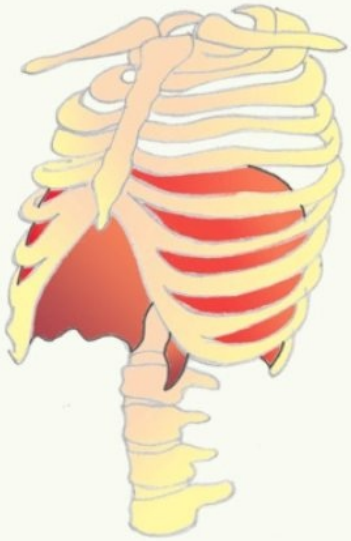


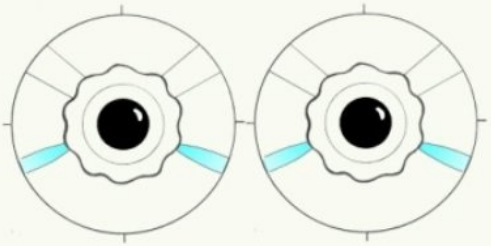
The diaphragm has three insertion points: the lower end of the sternum (xiphoid process), the costal arch and the first lumbar vertebra. It is essential for the respiratory process: diaphragm contraction expands the rib cage allowing inspiration. Diaphragm contraction increases abdominal cavity pressure, which is a phenomenon involved in the defecation, delivery, vomiting, coughing, sneezing and hiccup. The diaphragm has a double projection in each iris, in the lower portion of the lateral sectors (temporal and nasal), right and left irises

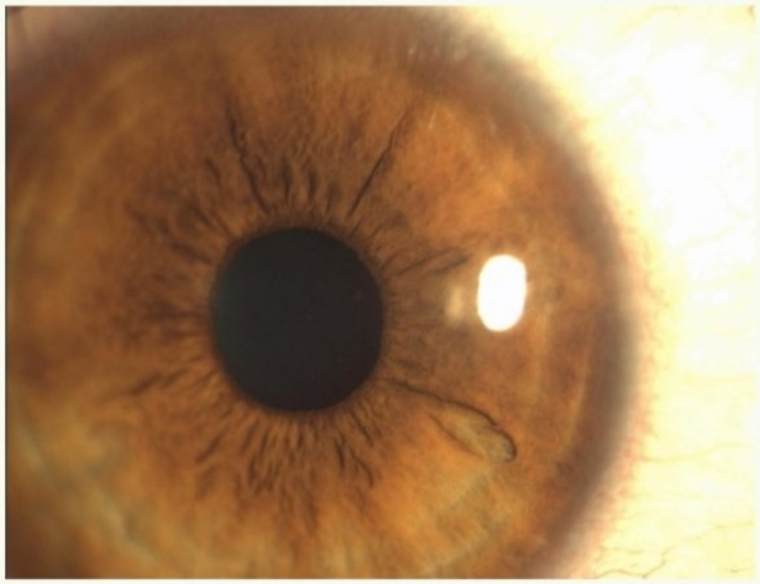
04.00 and 08.00 o’clock.

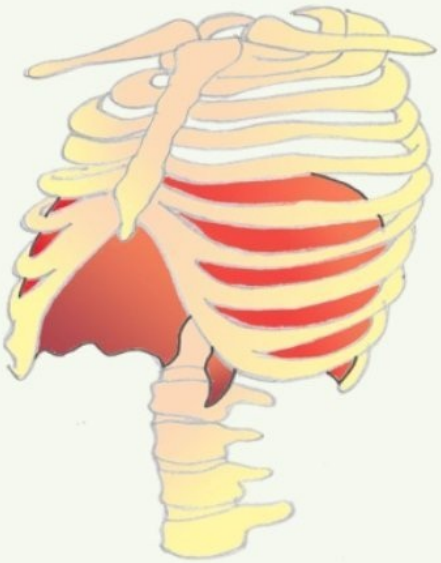
Diaphragm

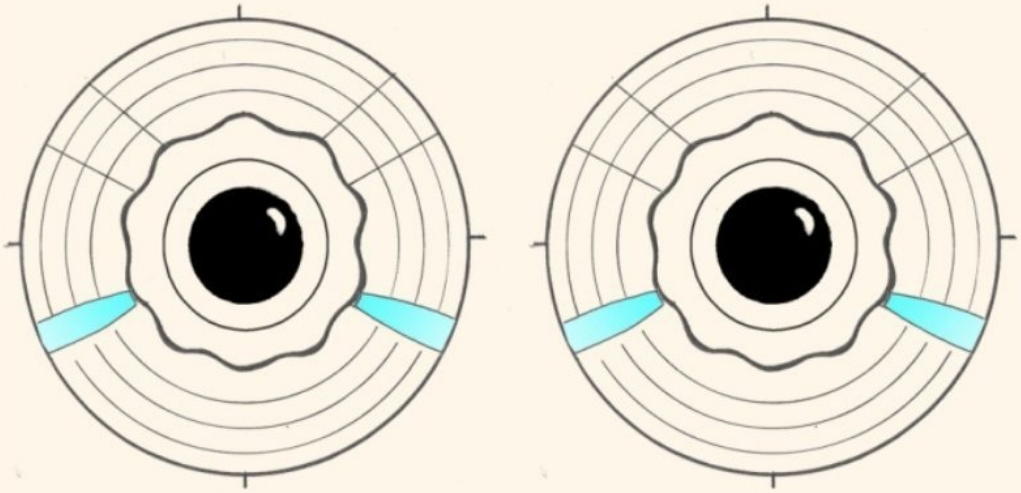




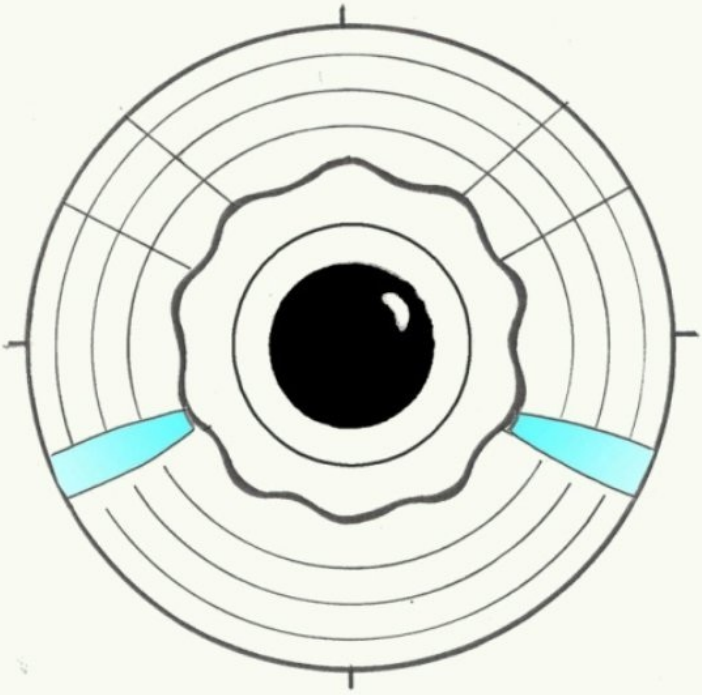


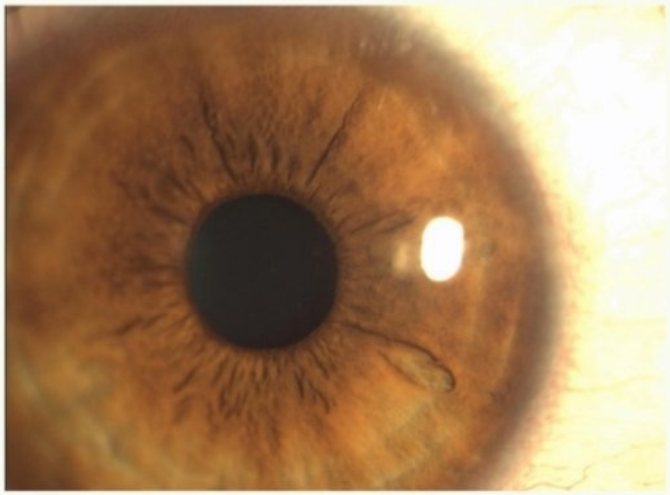






Diaphragm
Both irises
04:00 and 08:00
o'clock



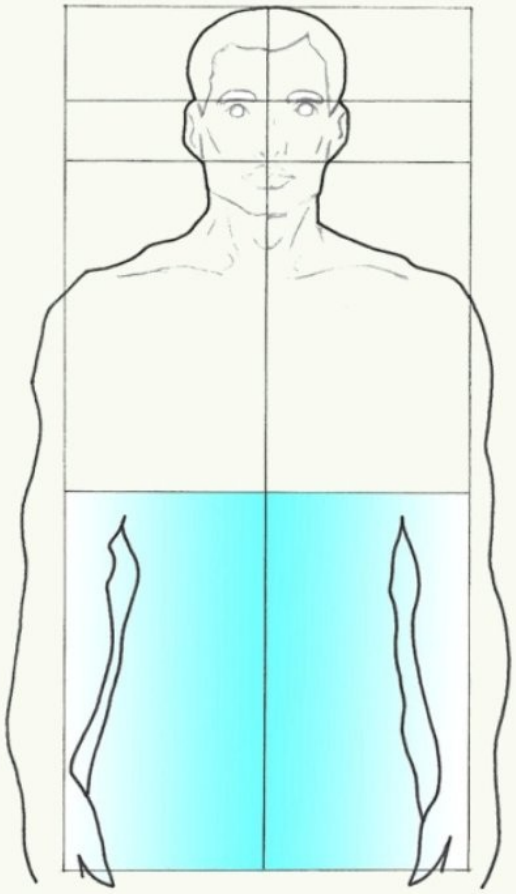


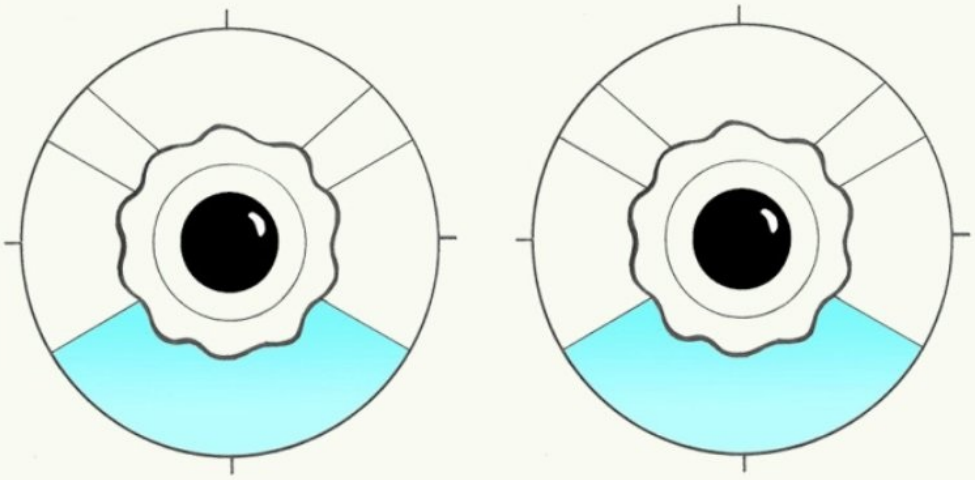
Left iris. Wide and deep lacuna at 04:00 o'clock in the boundary layer between the visceral and temporal sectors (diaphragm projection area)

VISCERAL SECTOR

The projections of the pancreas and the uro-genital apparatus are collected in the lower sectors of the ciliary body of both irises (visceral sector). Liver and gallbladder are projected only on the right iris while spleen and rectum are projected only on the left one.

Visceral sector

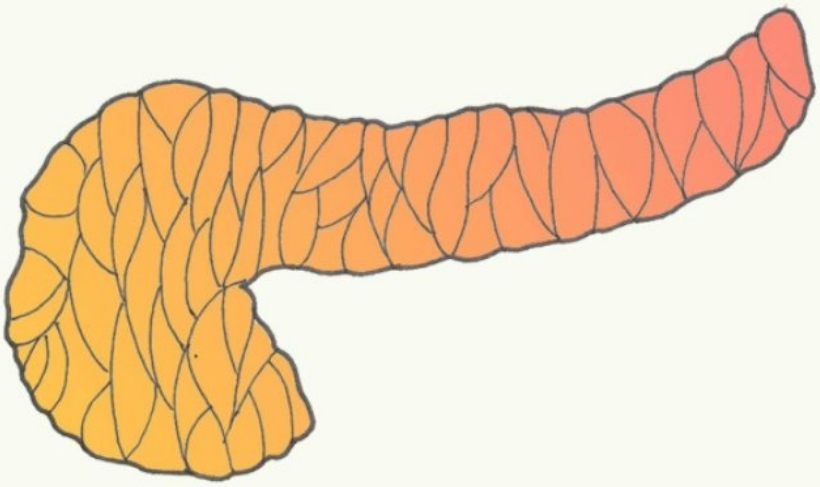


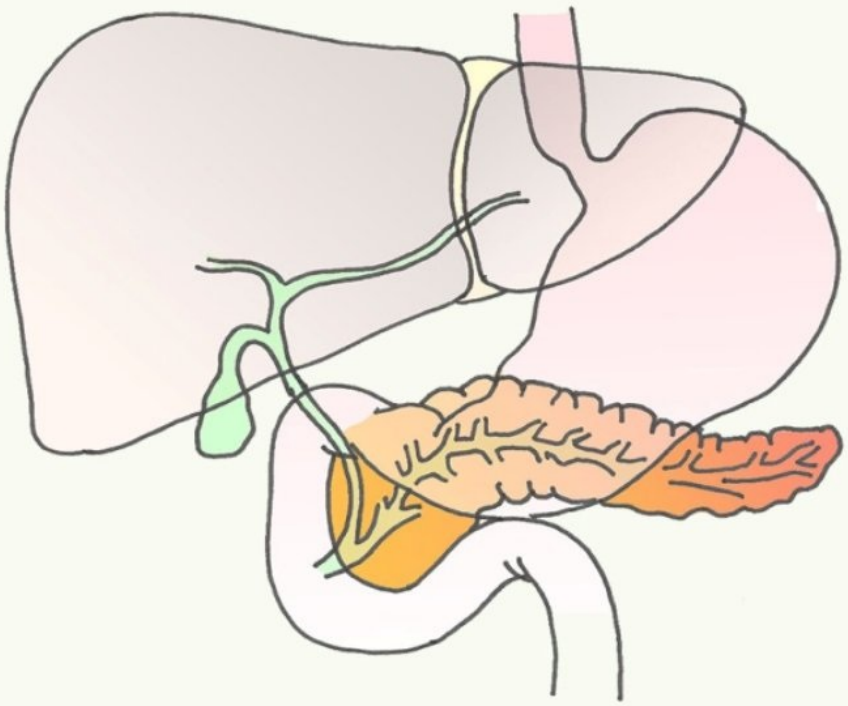


PANCREAS

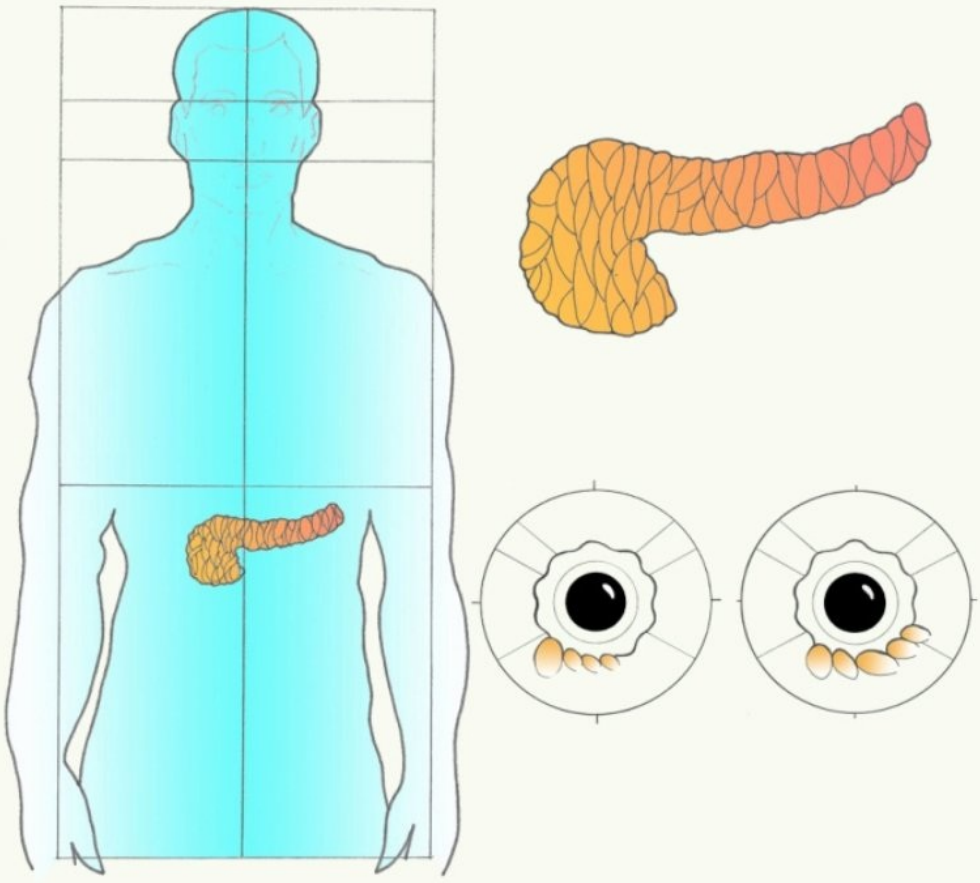
Large abdominal gland approximately 15 cm long. The biggest portion of the pancreas, called *head* , leans against the duodenum; the central portion (*body)* is located behind the stomach; the final portion (*tail)* leans against the spleen. The pancreas carries out a double function: it produces both the digestive juices that are poured into the duodenum and the hormones regulating glycaemia (insulin, glucagon). The first function, defined exocrine, is guaranteed by the acinous structure of the pancreas; the second one is guaranteed by anatomical structures called islets of Langerhans. From an iridologic point of view, pancreas projections are near to those of the duodenum, liver, gallbladder and spleen.

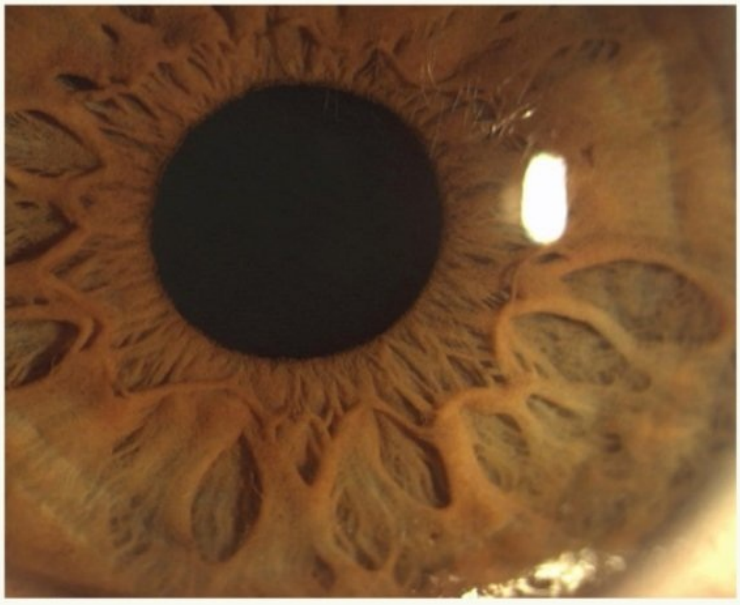
Pancreas



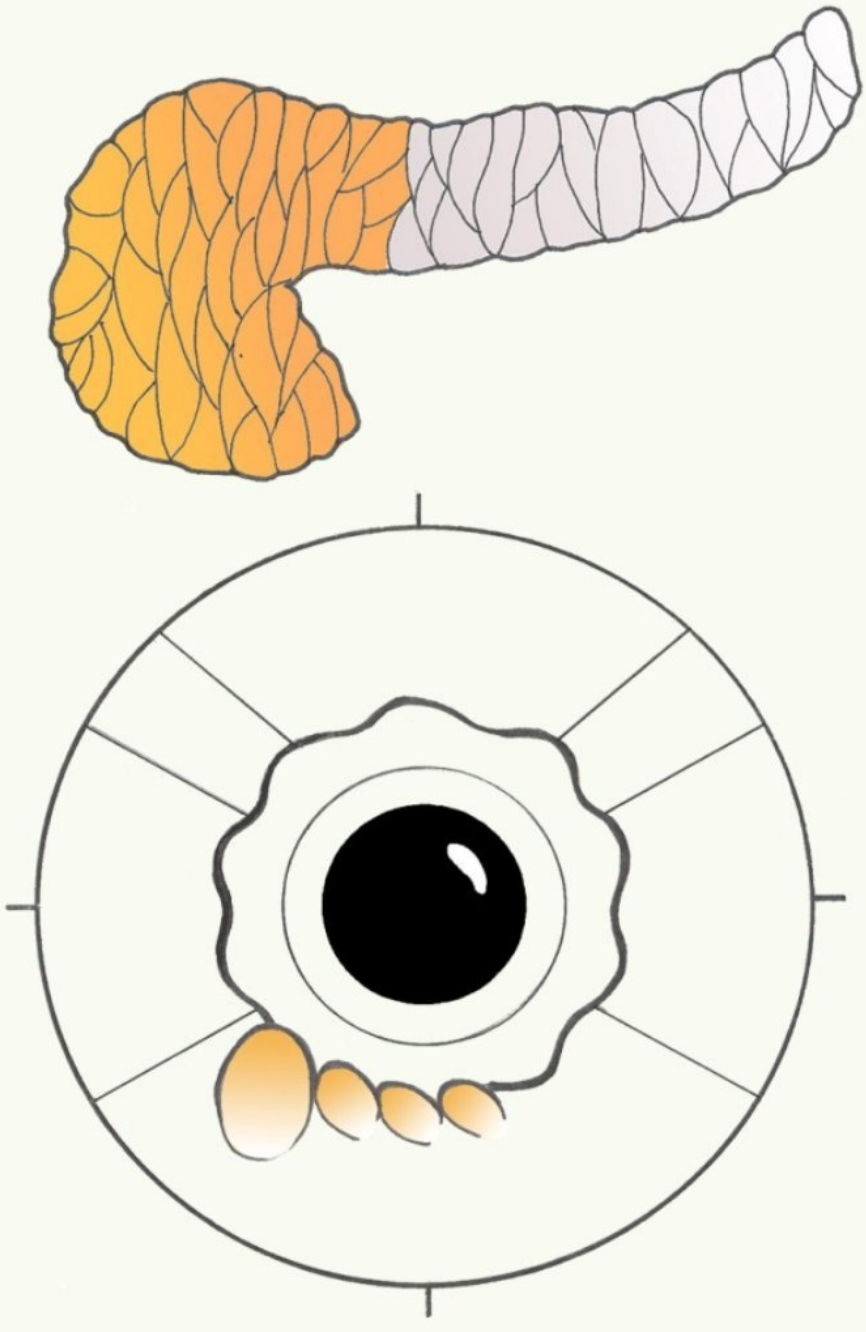


Pancreas

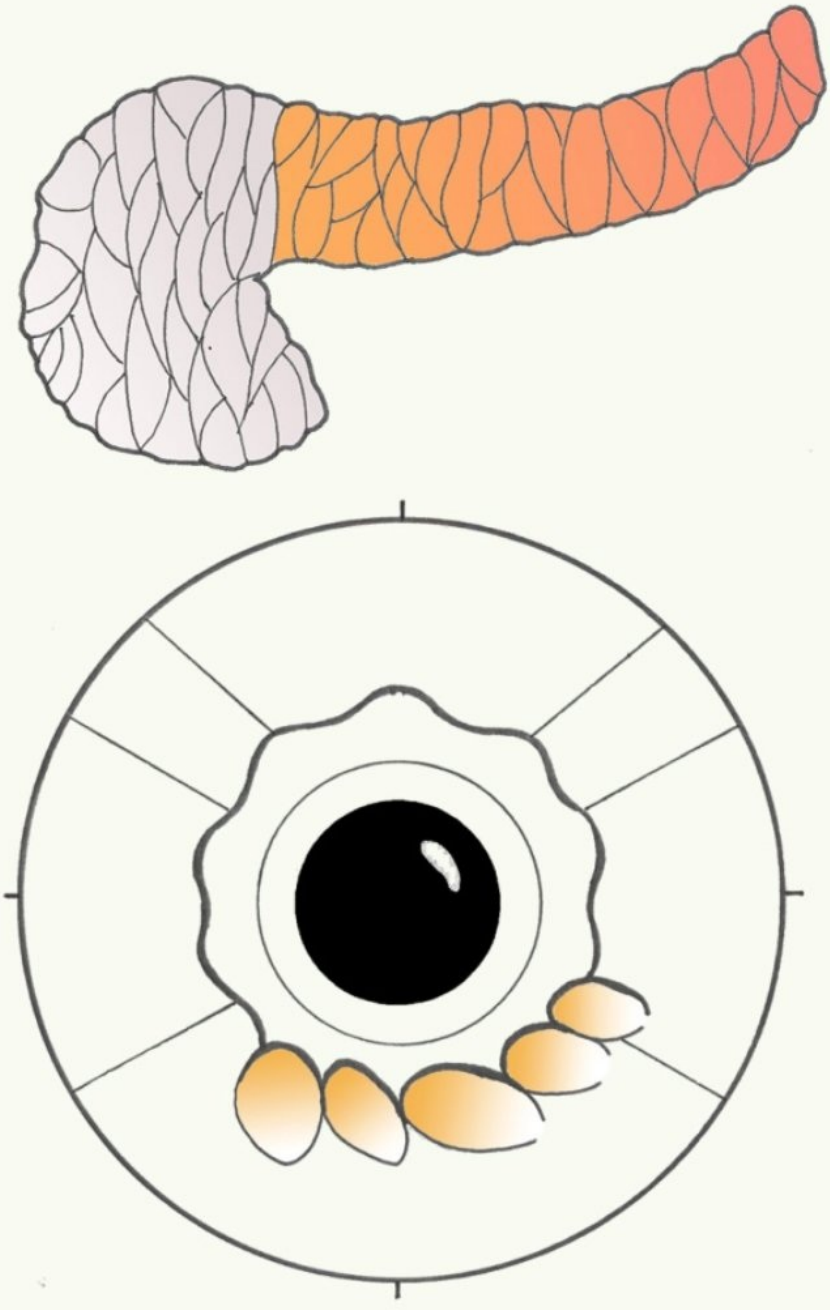




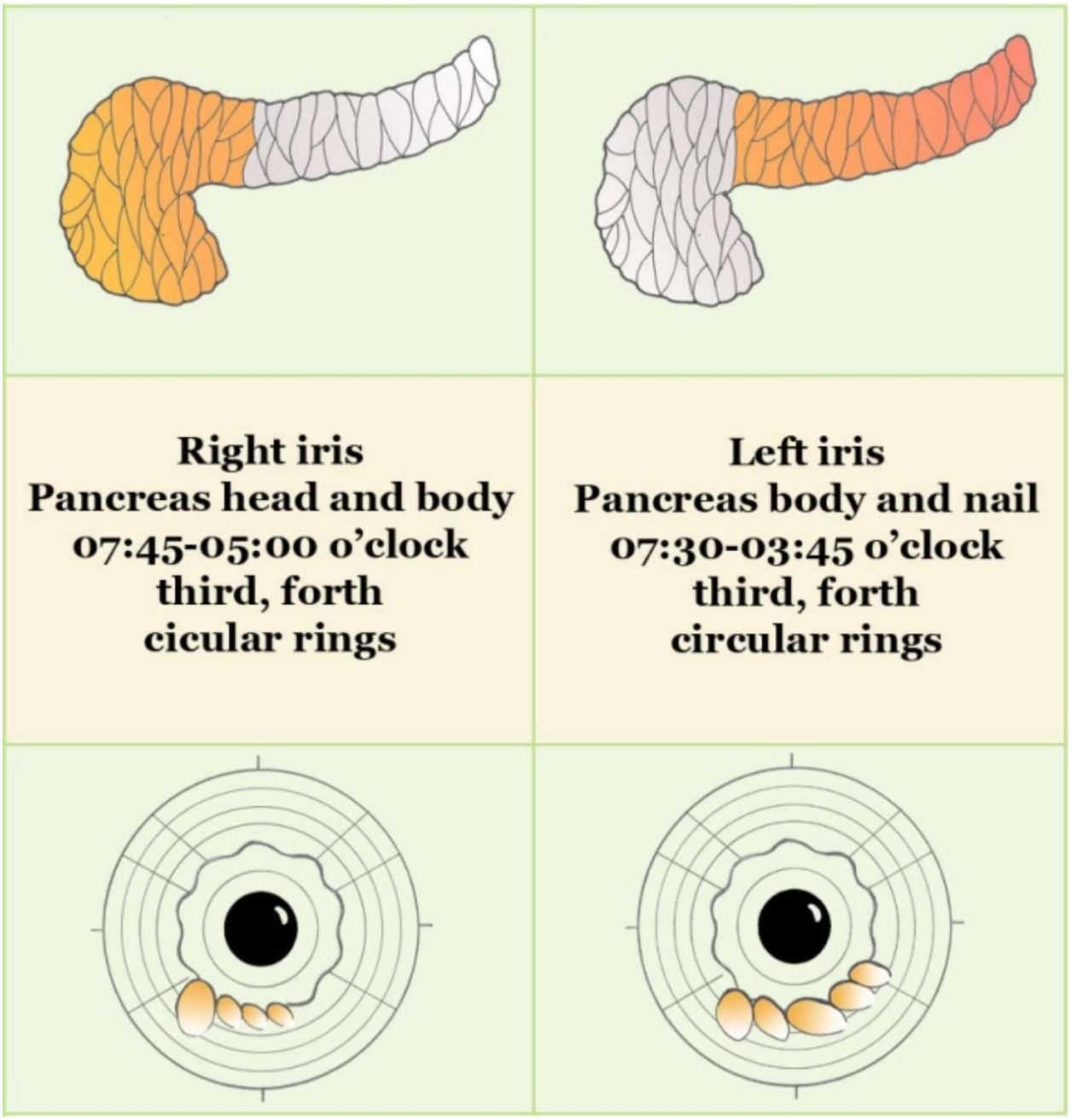
Pancreas right iris



Pancreas left iris

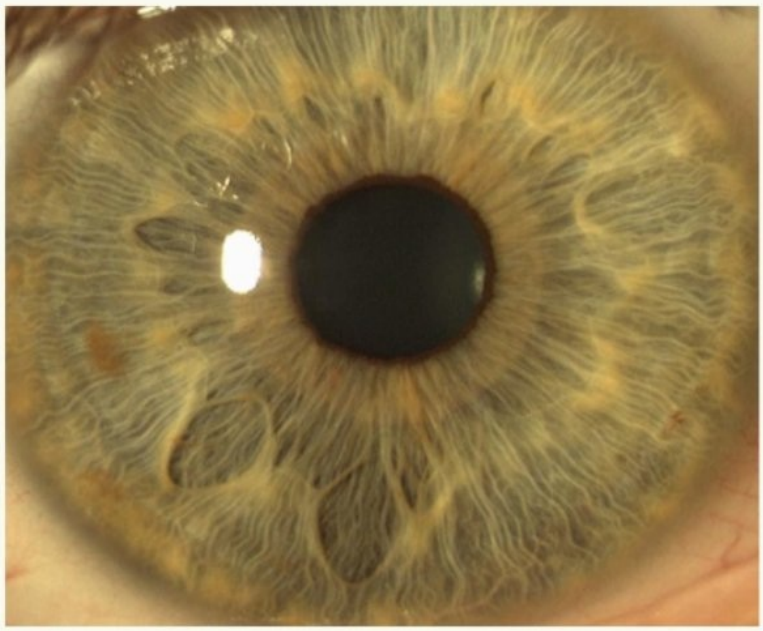


Pancreas projection are in the third and fourth rings of the circular map leaning the nerve edge in both irises.

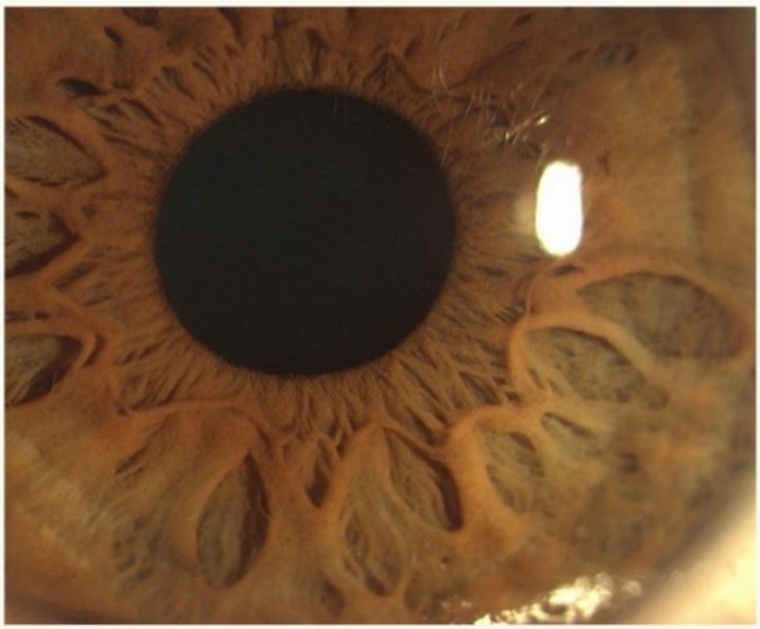


The presence of giant lacunae against the nerve edge in the visceral sector is a marking of probable pancreatic damage. An iris formed by giant lacunae is called daisy-like. It is often connected to pancreas defects and liver-pancreatic deficits.

Pancreas lacunae



Right iris. Two big lacunae against the nerve edge from 06:00 to 08:00 o'clock

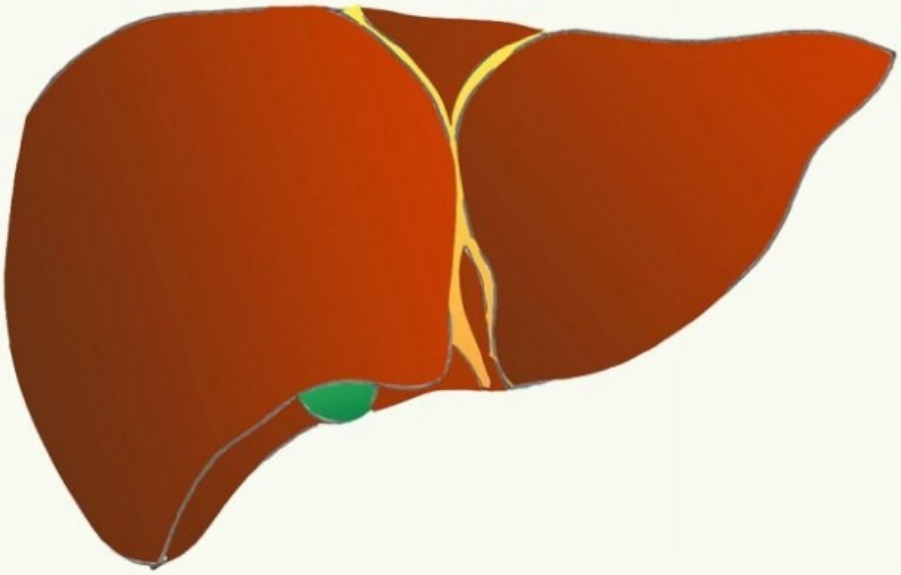


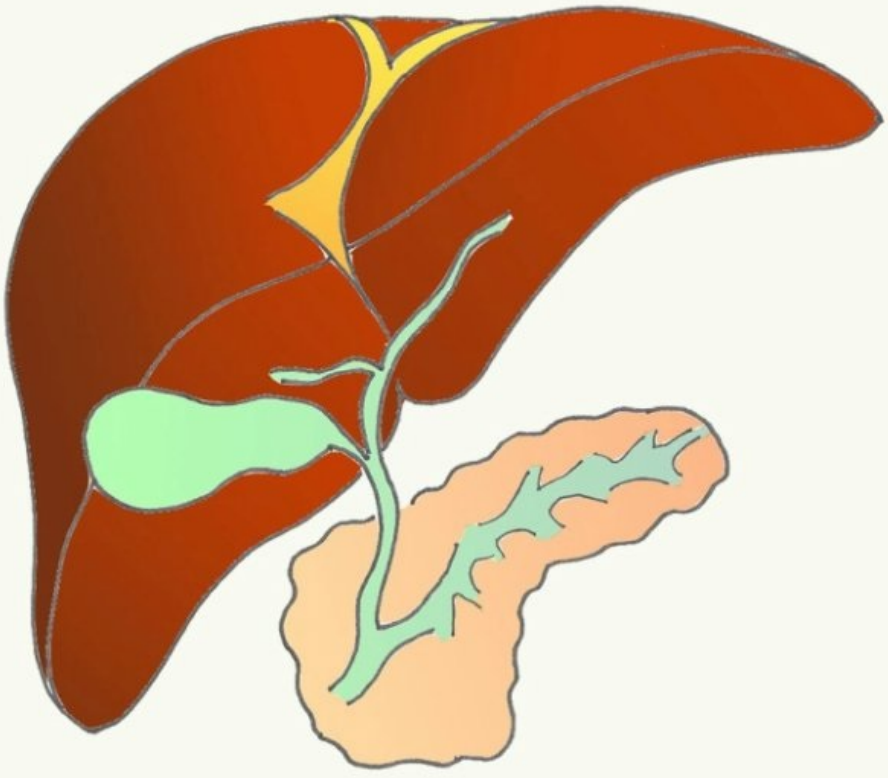
Left iris. Strip of big lacunae against the nerve edge from 03:00 to 06:30 o'clock

LIVER

Big brown-red organ located in the right upper abdomen, below the diaphragm.

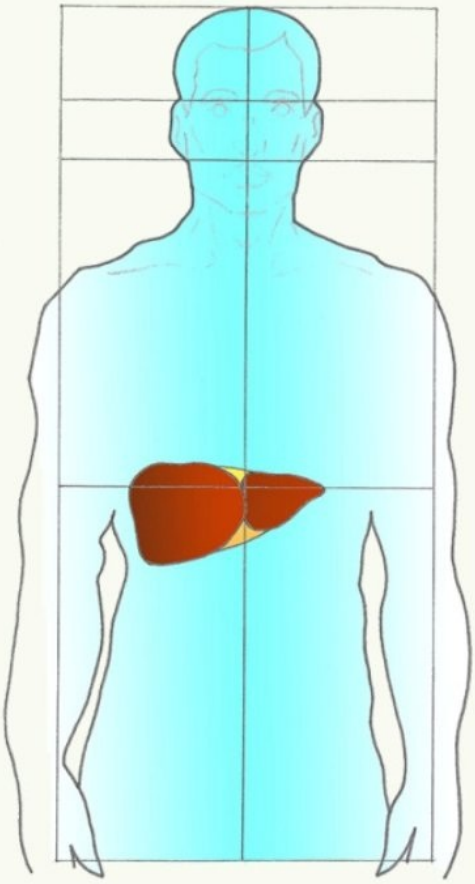
Liver and gallbladder

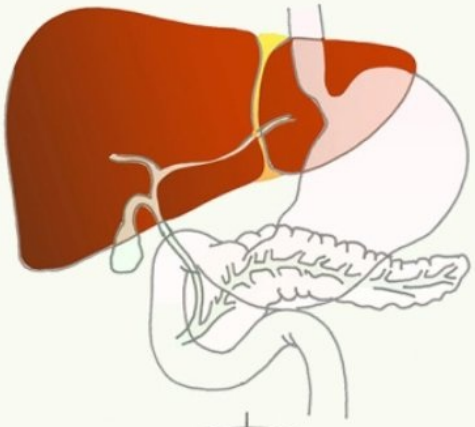


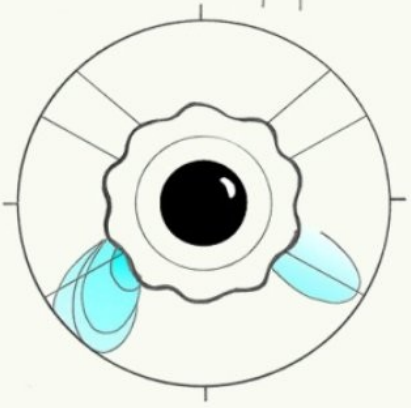


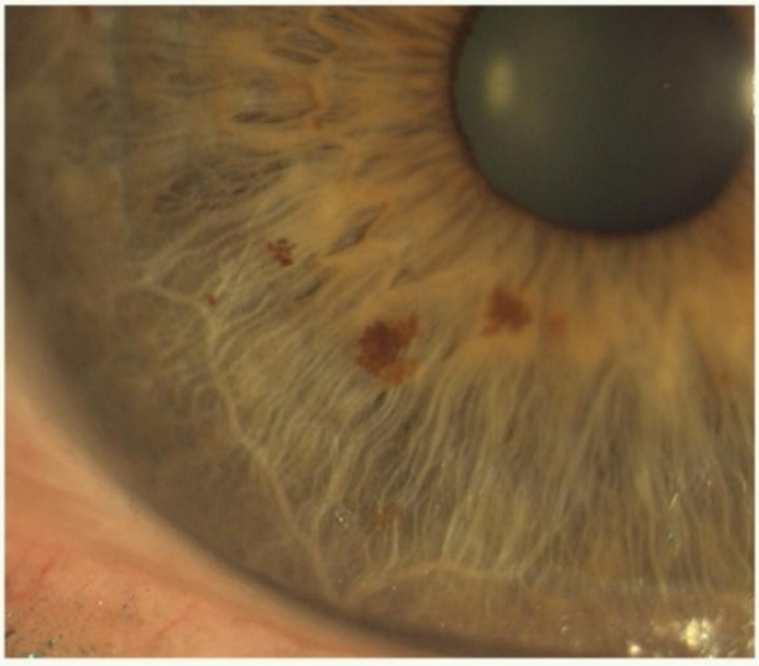
It carries out crucial vital functions. It can be considered like a complex chemical lab. Liver processes nutrients coming from the intestine (protein, fat and sugar metabolism) and metabolize drugs and toxics. It produces the bile that is poured into the duodenum (fat digestion).

Liver

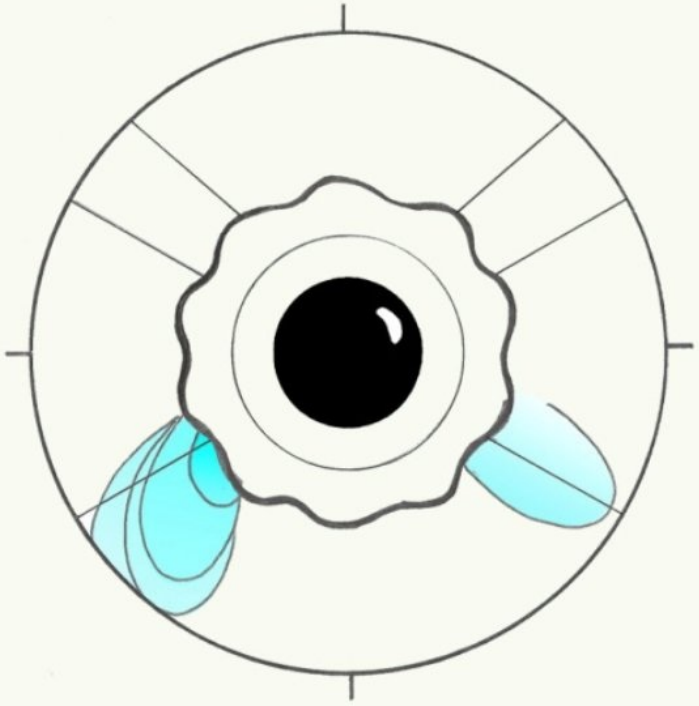


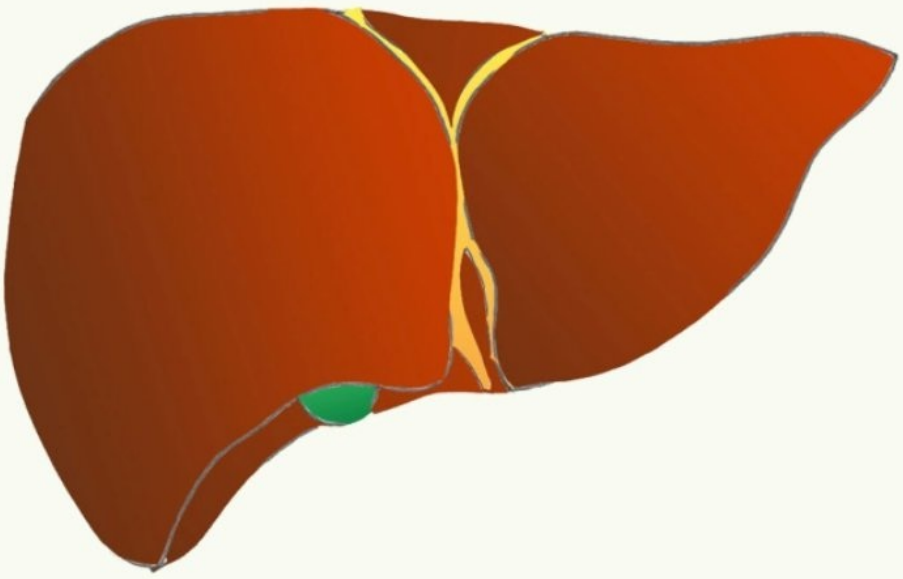






Right iris liver



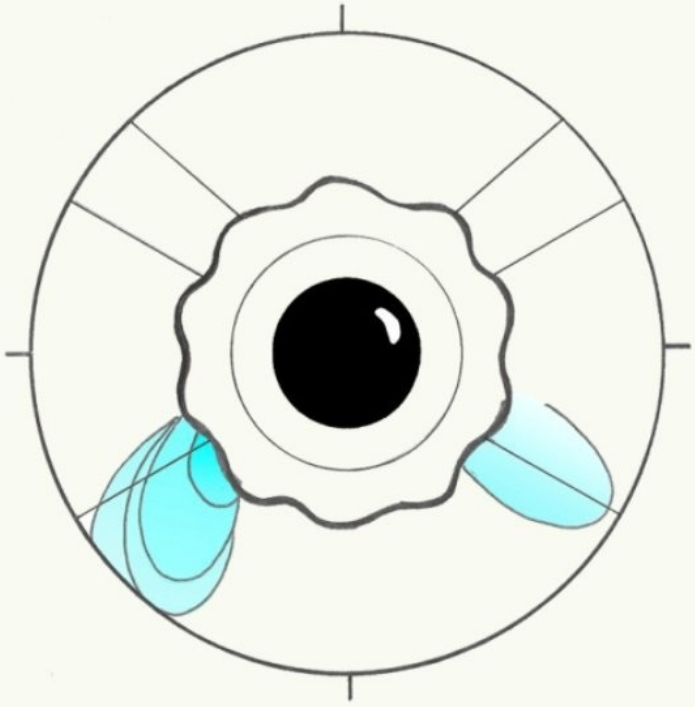


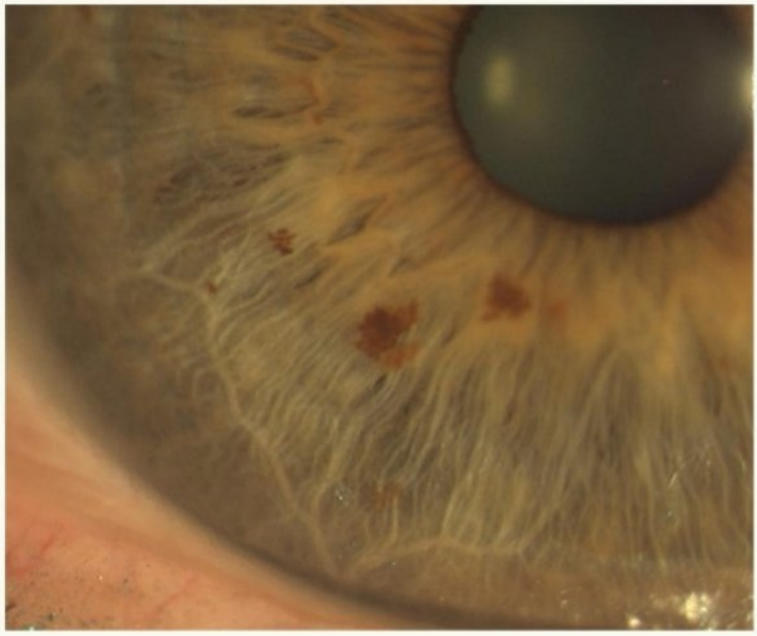
The projection of the liver is in the visceral sector of the right iris, mainly at 07:00-08:00 o'clock and partly at 04:00-4:30 o'clock, from the third to the fifth circular ring.

Liver body		**07:00-08:00 o'clock third, fourth, fifth, sixth circular rings right iris**
Liver dorsal portion		**04:00-04:30 o'clock third, fourth, fifth, sixth circular rings right iris**

Signs of hepatic damage. Brown pigments. Hepatic triangle: clearer transversal fibers that circumscribe the hepatic area in a triangle.

Right iris (hepatic triangle)

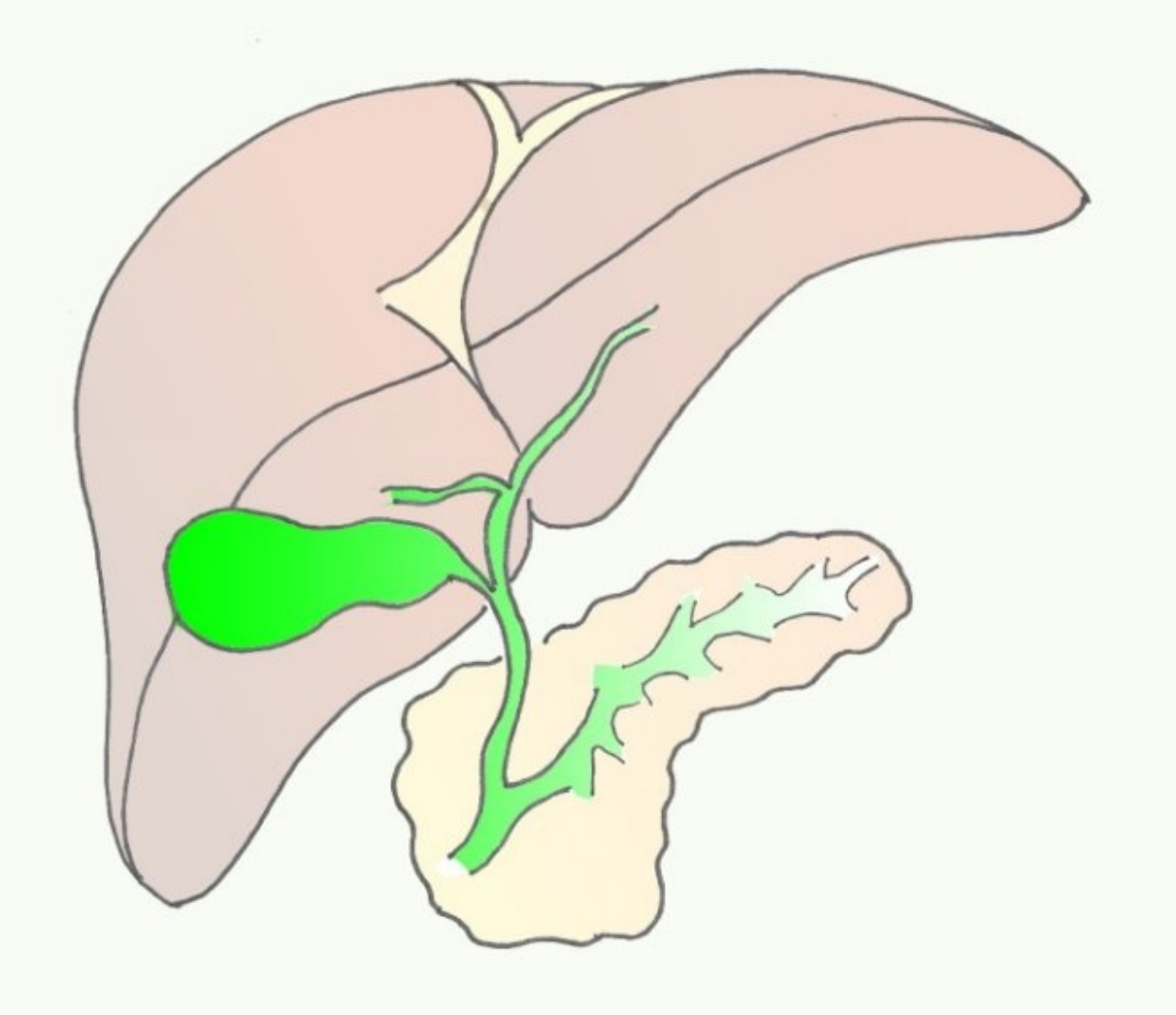




Right iris. Brown pigments in the hepatic area. Triangle of light transversal fibers that circumscribes liver projections (hepatic triangle).

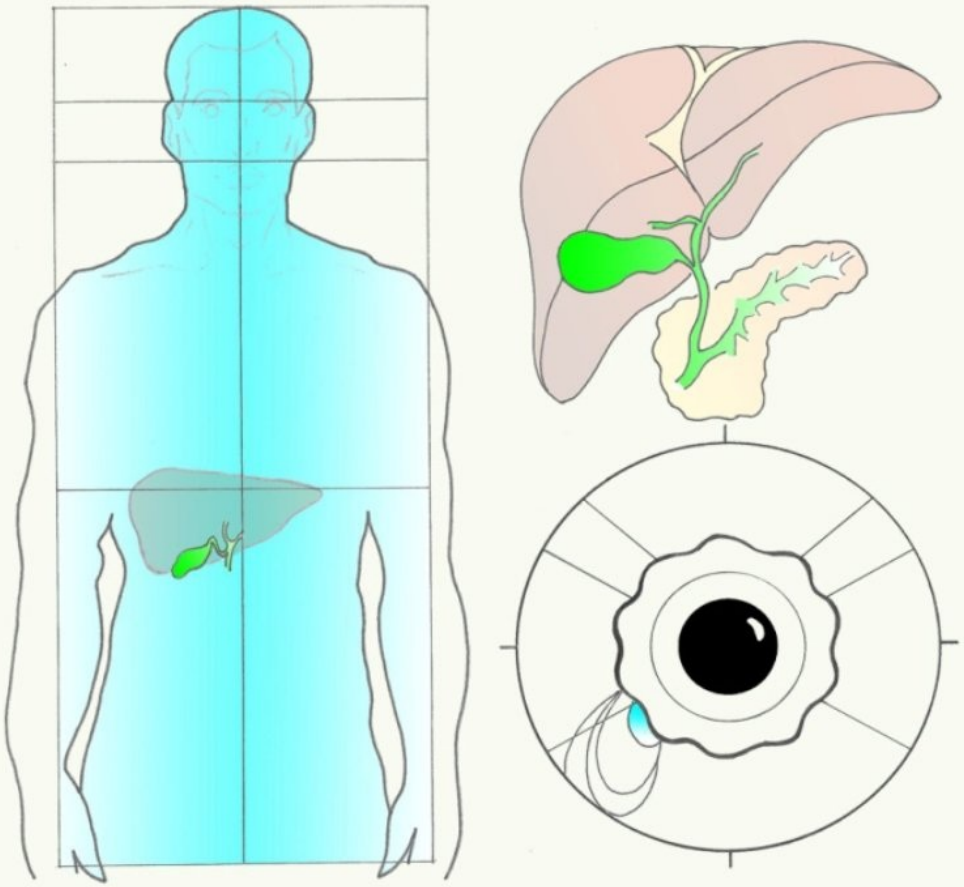
GALLBLADDER

Little sack-shaped organ leaning against the lower part of the liver. It collects the bile coming from the hepatic and biliary ducts.

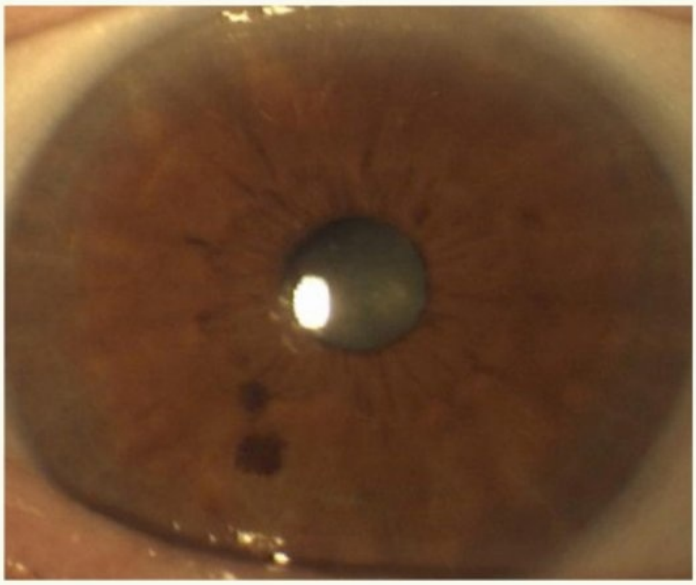


The bile drains through a small duct called choledochus which merges with the pancreatic duct (Wirsung canal) to form a common duct which allow the digestive juices to be poured into the duodenum (ampulla of Vater).

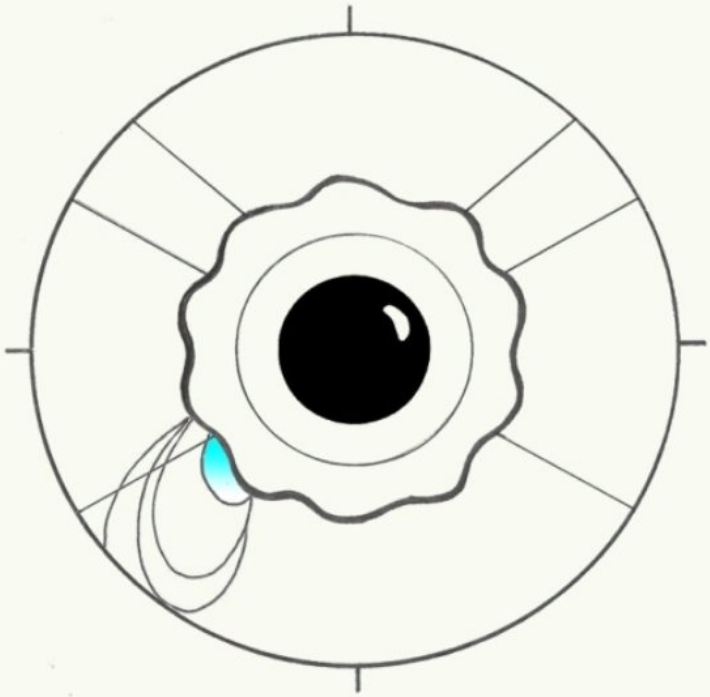
Gallbladder

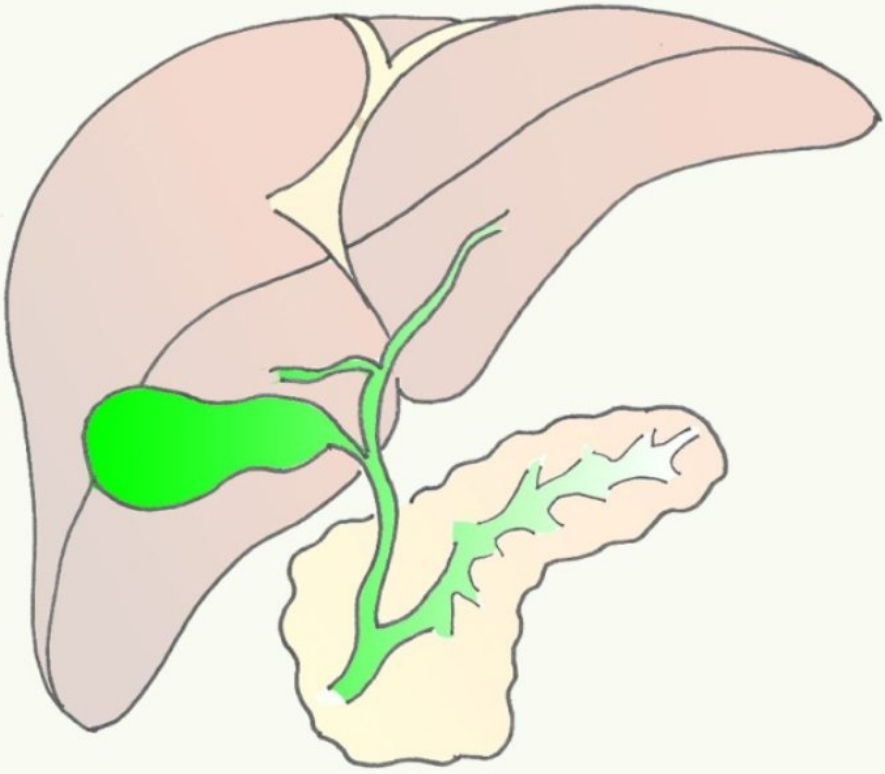


Right iris

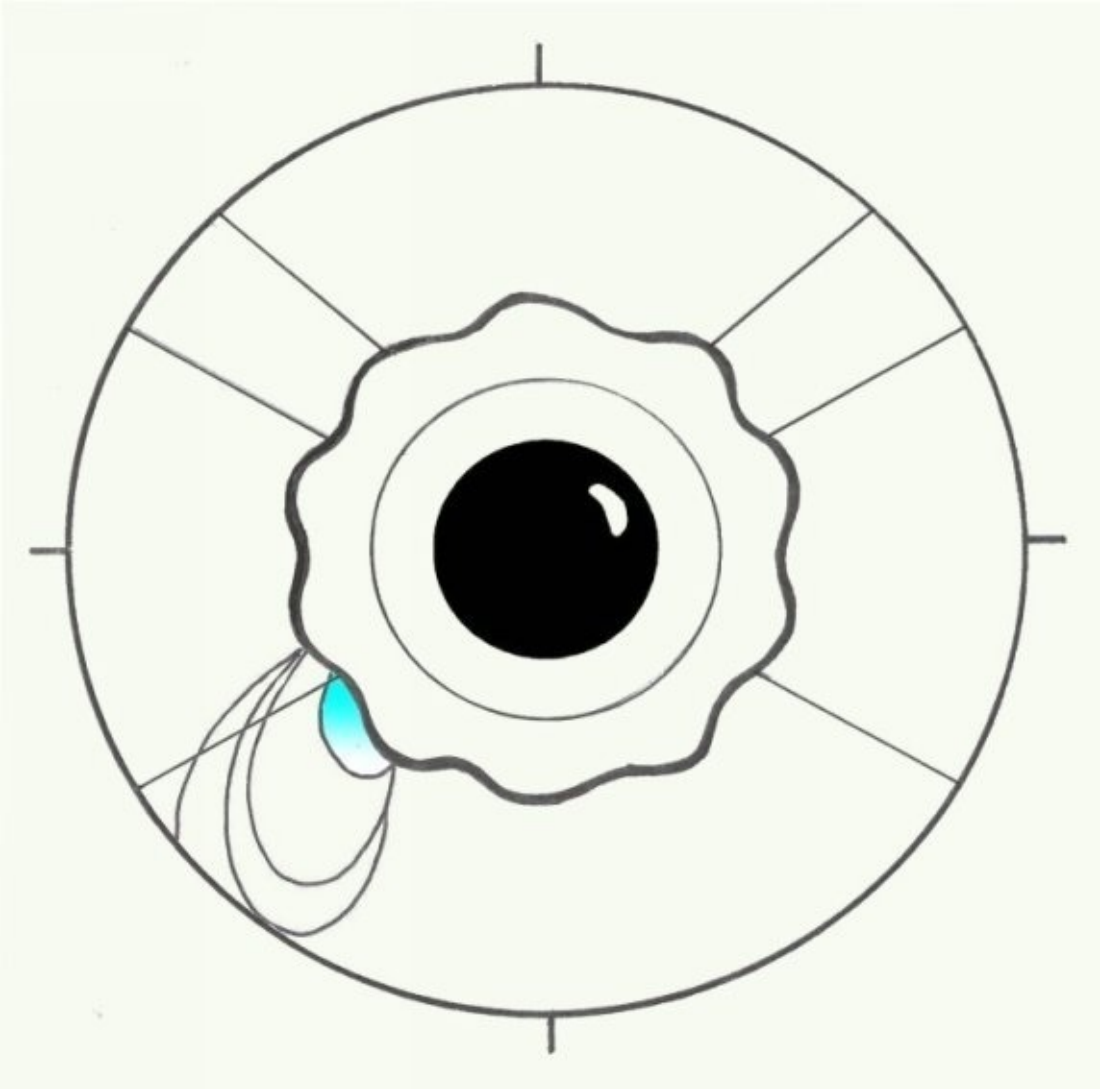


Right iris-Gallbladder

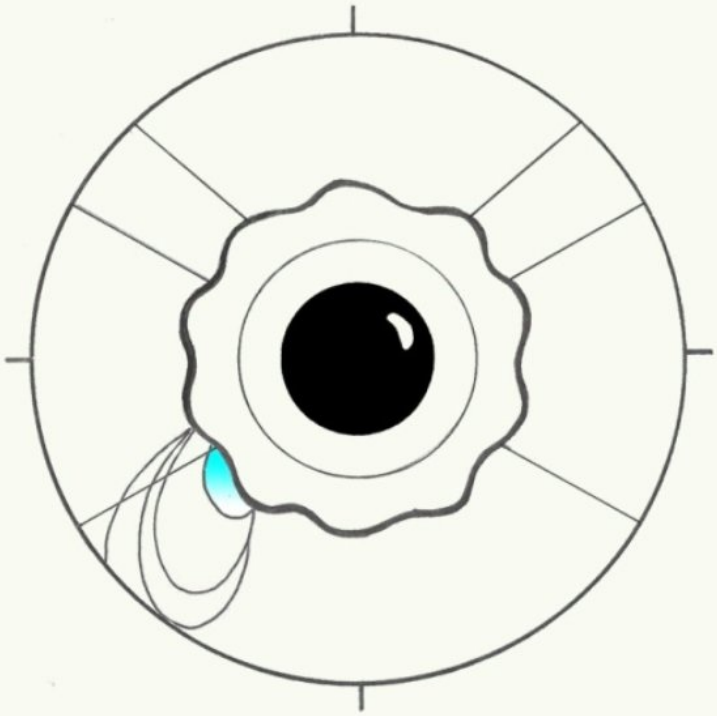


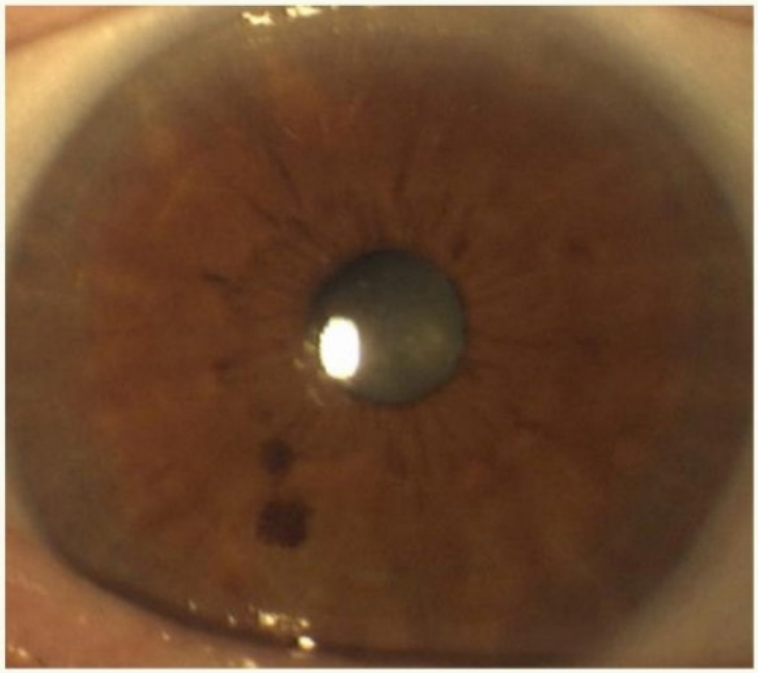


The projections of the gallbladder and of the biliary ducts are found in the third circular ring of the right iris against the nerve edge, at 07:30-08:00 o’clock. This projection area is shared with the corresponding portion of the liver.



Possible overlapping: pancreas head. Gallbladder’s dominant signs are delimited pigments of various brown shades. Instead, pancreas signs are usually large lacunae associated with a deep yellow or orange pigmentation widespread in most of the iris body.



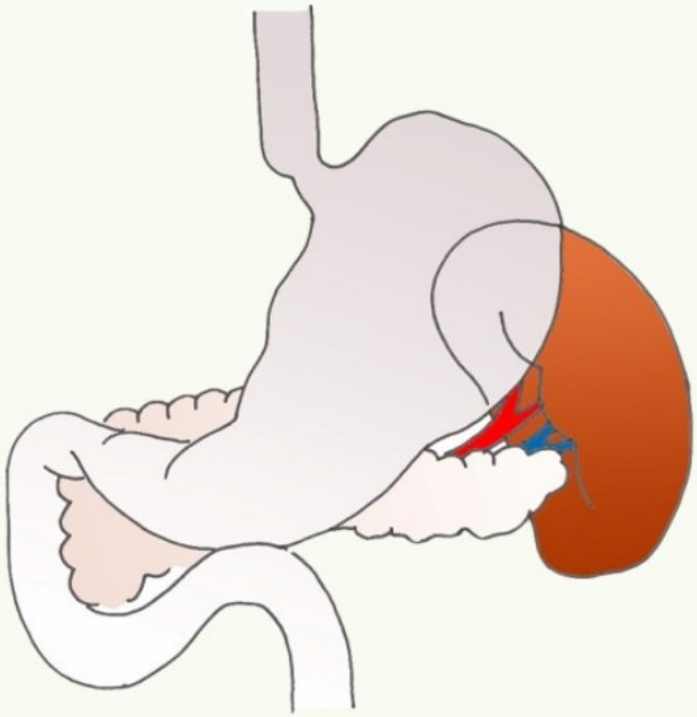


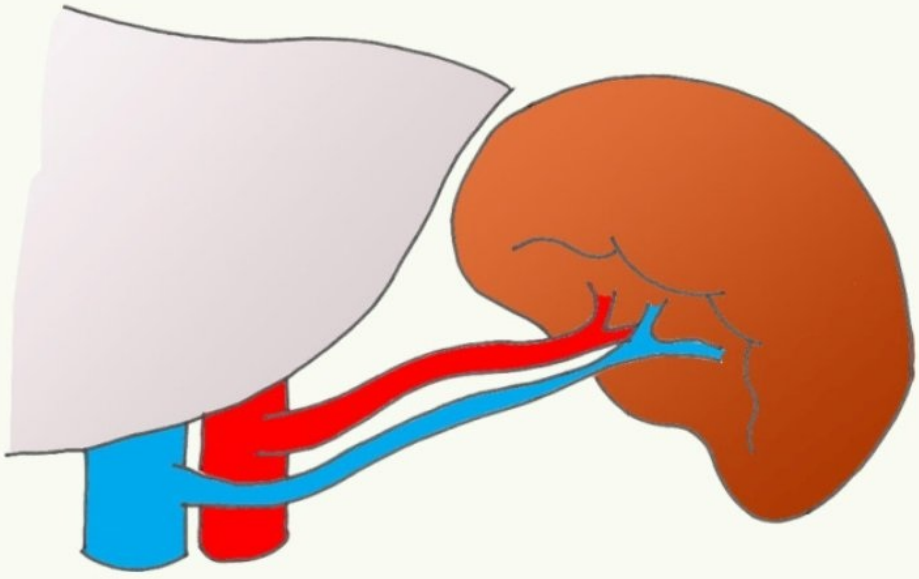
Right iris. Brown pigments in the gallbladder and liver projection area

SPLEEN

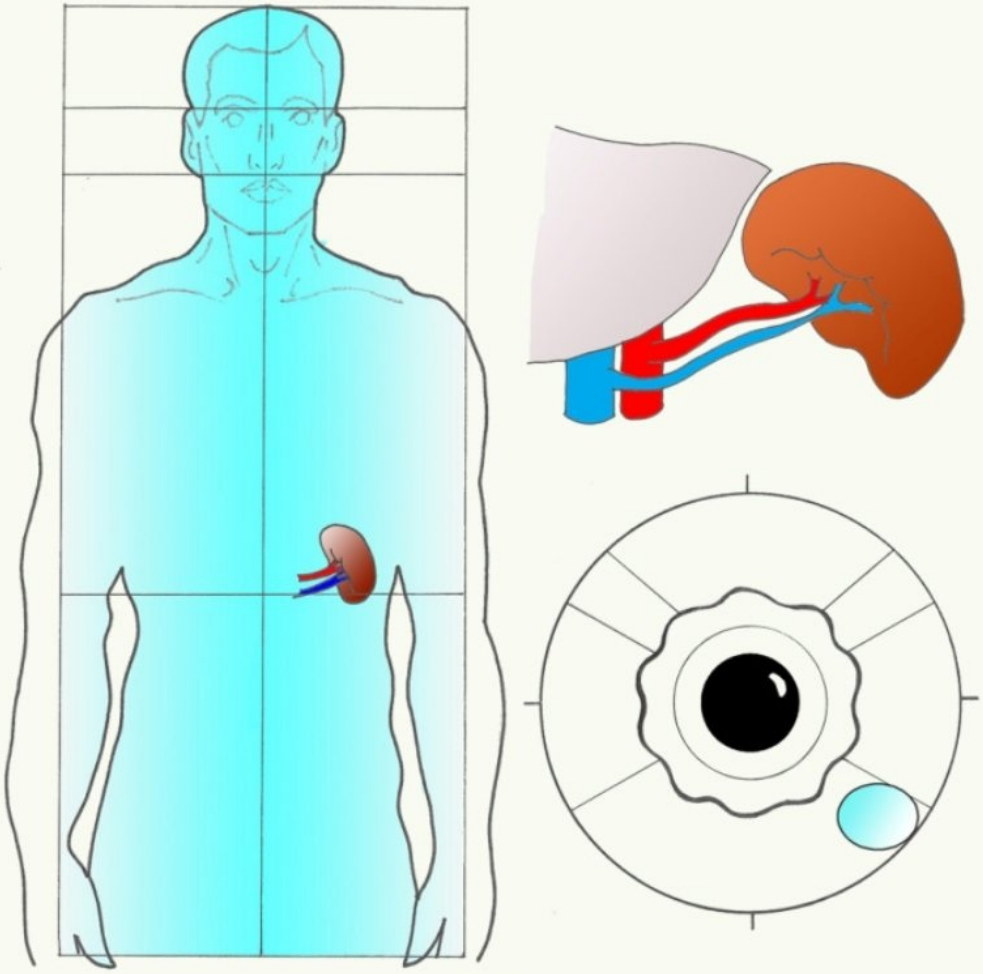
Reddish brown ovoid abdominal organ with a soft consistency, weighing approximately 200 gr. It is located on the left side below the diaphragm near the liver left lobe and comes in contact with the pancreas and stomach. As a hematopoietic organ it is a source of red blood cells and lymphocytes. It eliminates aged and defective blood cells from the blood stream.

Spleen

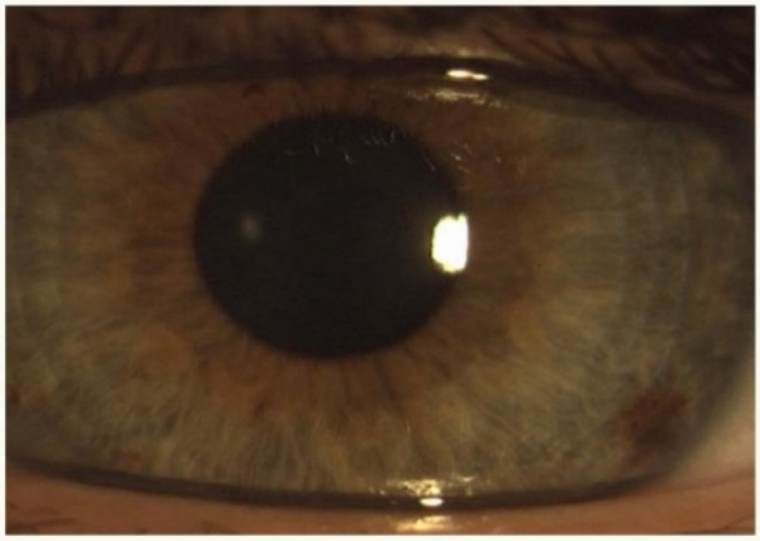




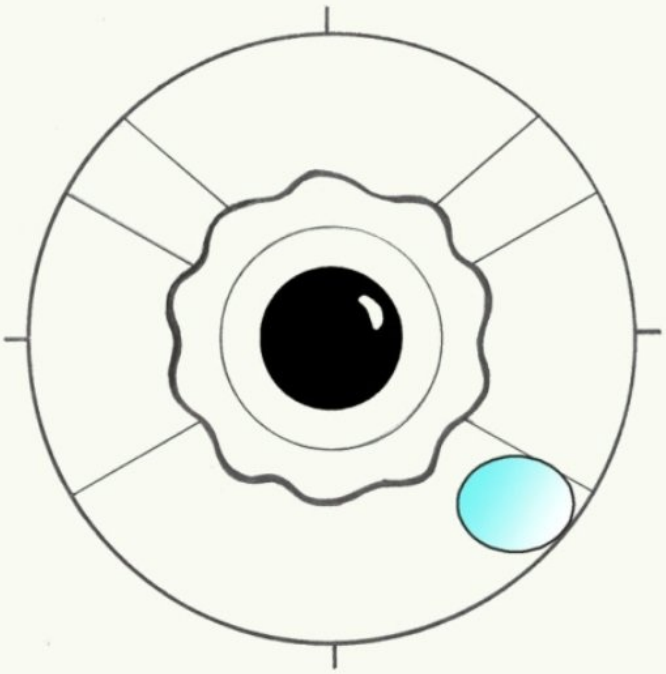
Spleen

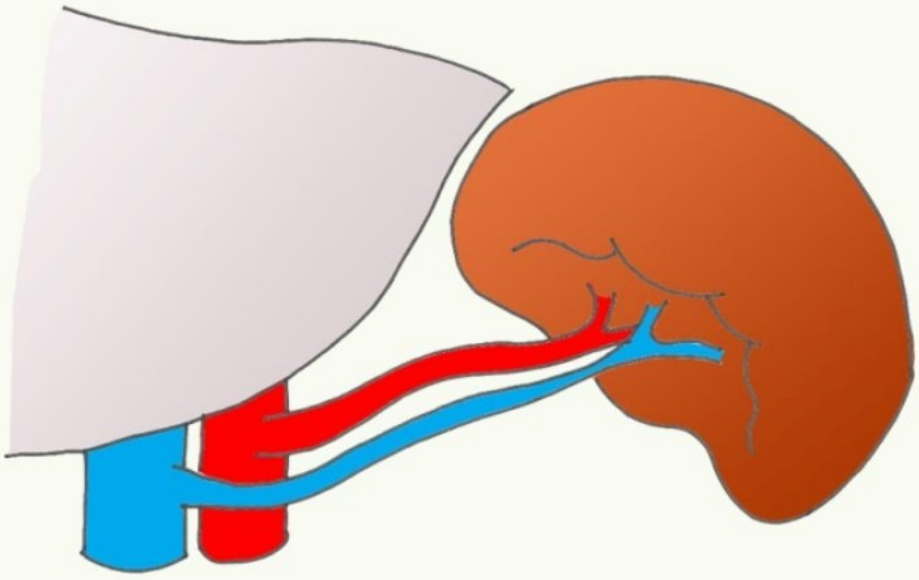


Left iris

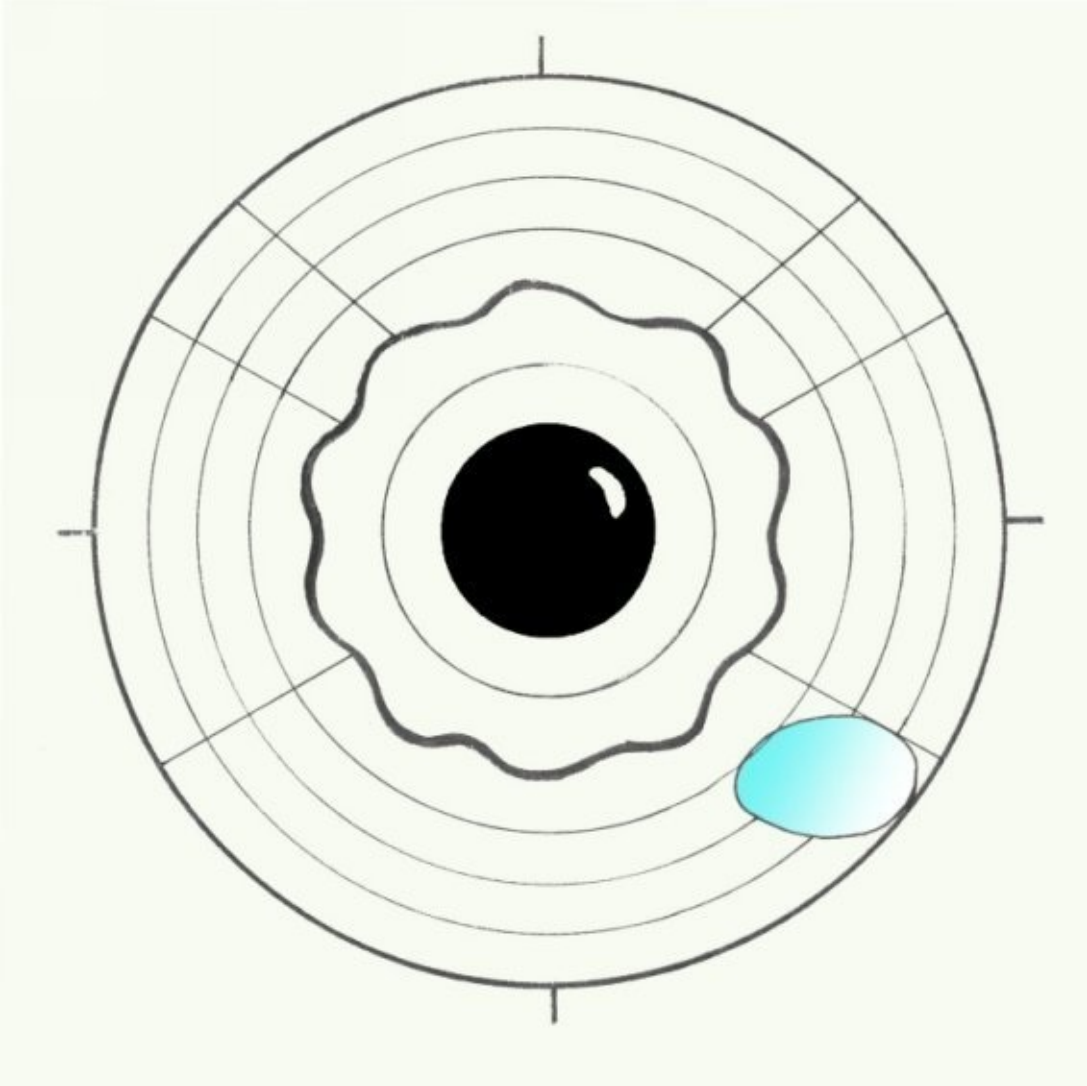


Left iris-Spleen

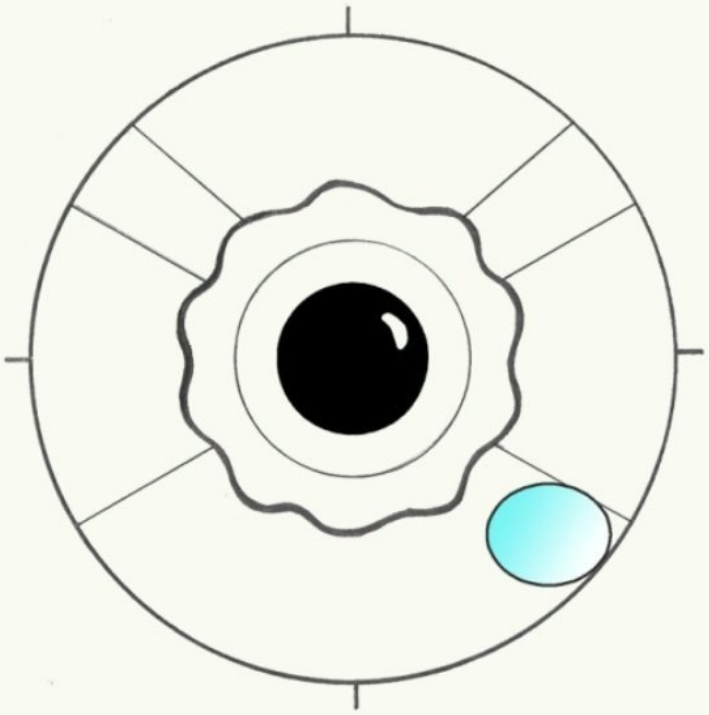


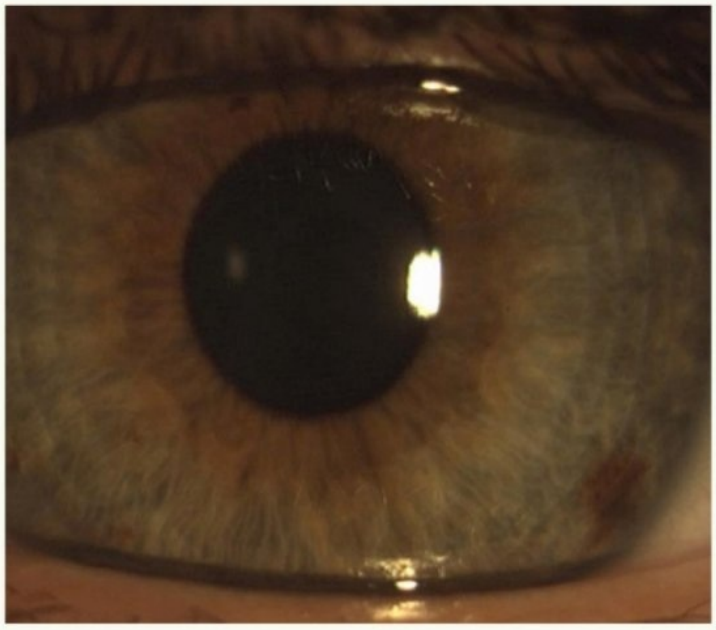


The spleen projection area is located in the outer zone of the visceral sector of the left iris in the fourth, fifth and sixth circular rings around 04:00-04:30 o'clock.



Generally, spleen signs in the iris are dark brown pigments.
There is possible overlapping with pancreas tail signs. However, spleen signs differ from pancreas ones because the latter lean against the nerve ring whereas spleen signs are located towards the periphery. Furthermore, pancreas signs are usually lacunae while spleen ones are generally dark pigments.

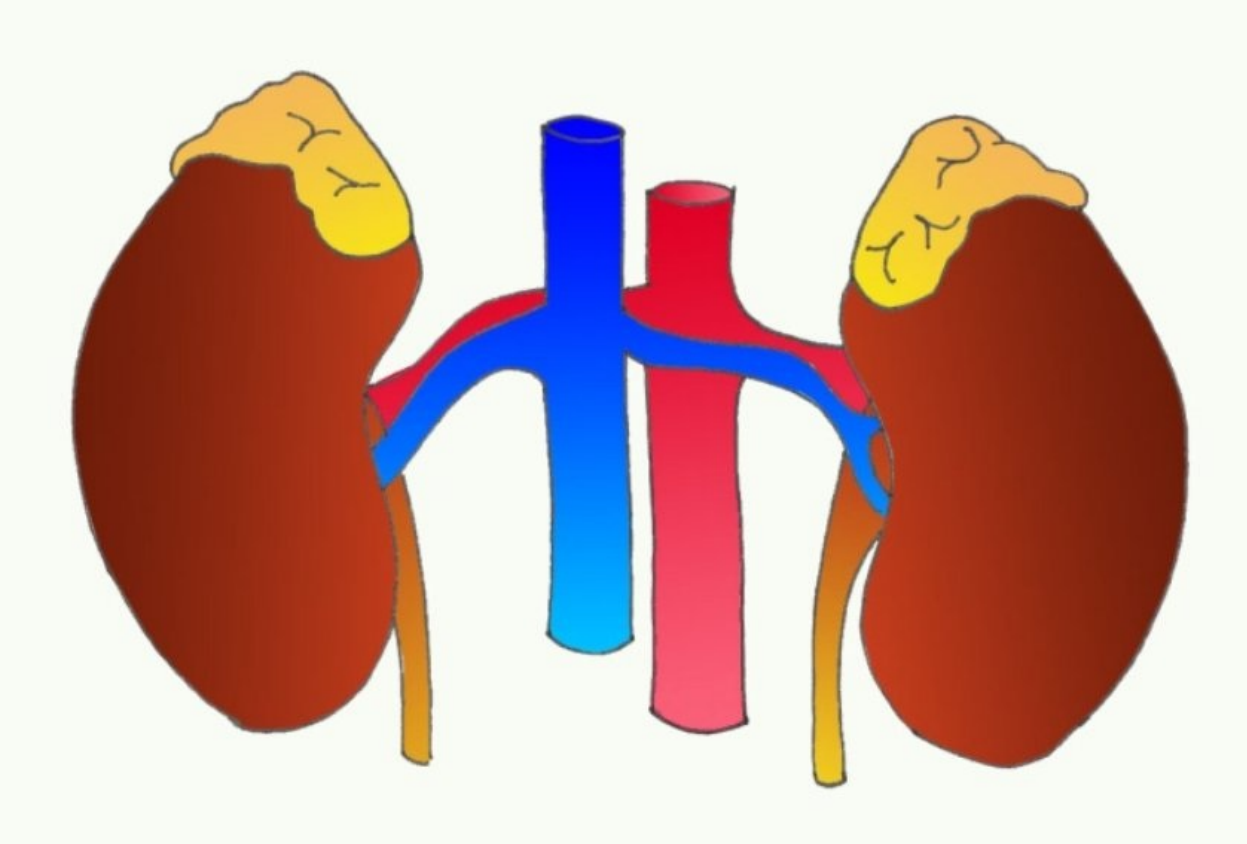




Left iris. Brown pigment in the spleen projection area.

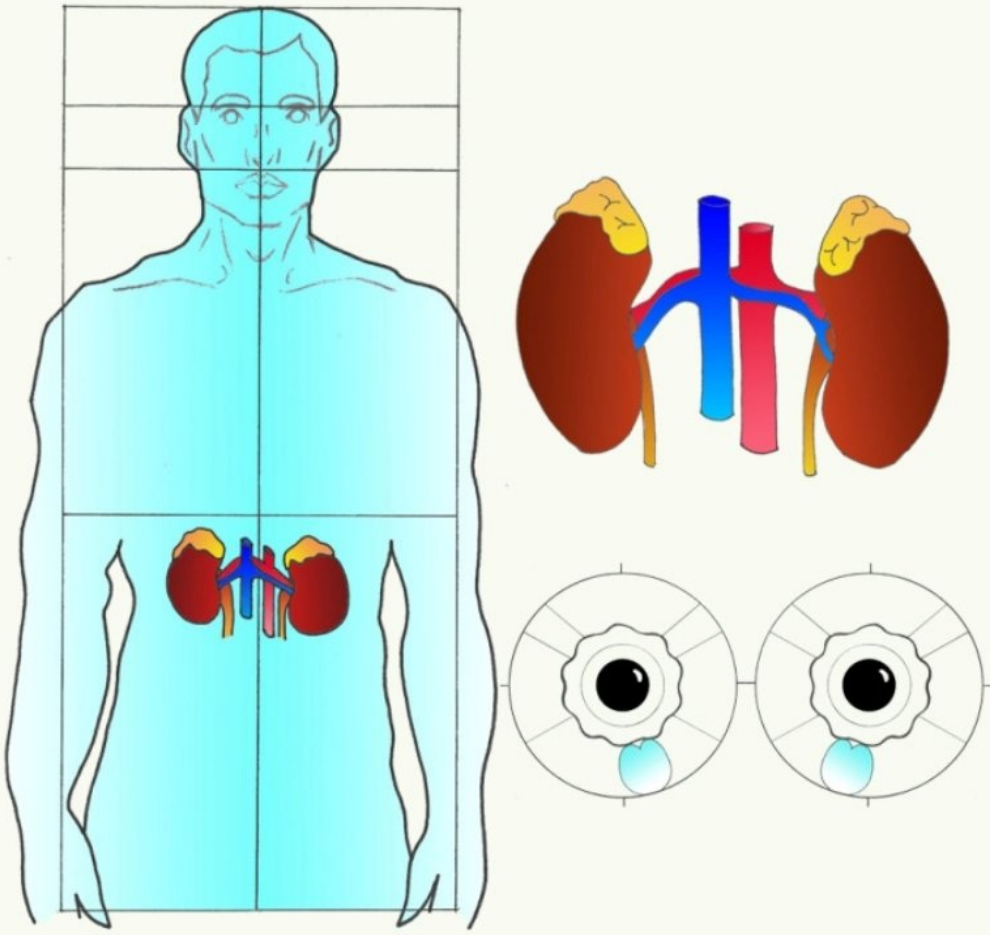
KIDNEYS

The two kidneys are located in the upper posterior abdomen, in correspondence with the last thoracic vertebra and the first lumbar one.

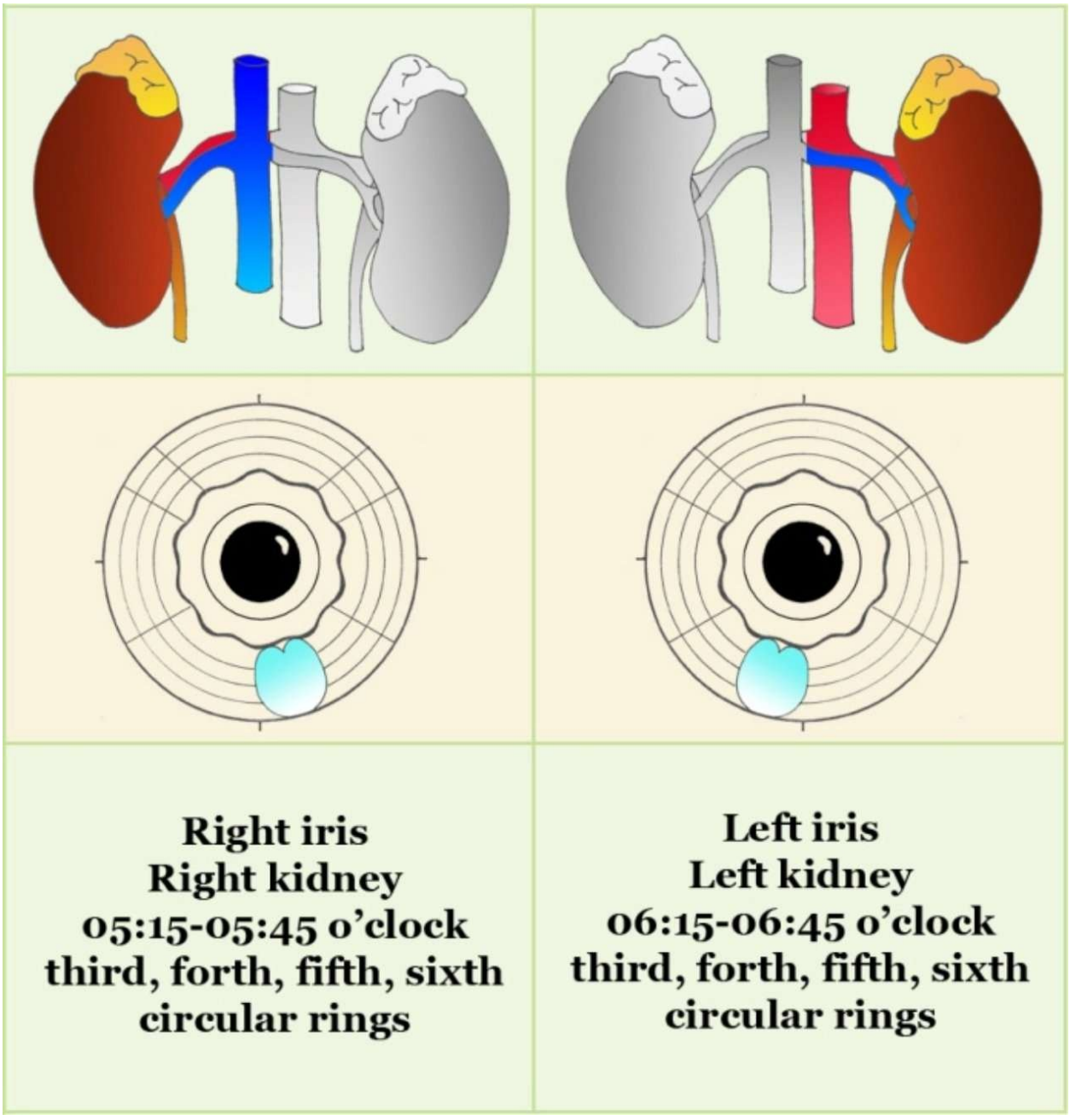


They are bean-shaped and about 12 centimeters long. The right kidney is behind the liver, while the left kidney is behind the stomach and the spleen. Kidneys have the function of excreting in the urine all waste substances deriving from food digestion and from the process of both organic and inorganic substances absorbed by the body. Urine is drained into the renal calyxes and channeled into two ducts called ureters ending in the urinary bladder. Urine is eliminated through the urethra which ends in the urinary meatus. Kidneys are excretory organs of harmful substances *par excellence* .

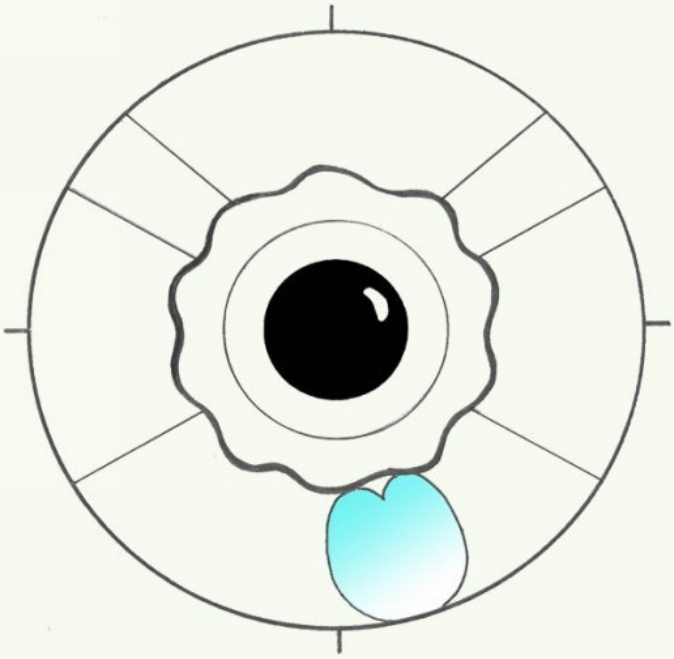
Kidneys

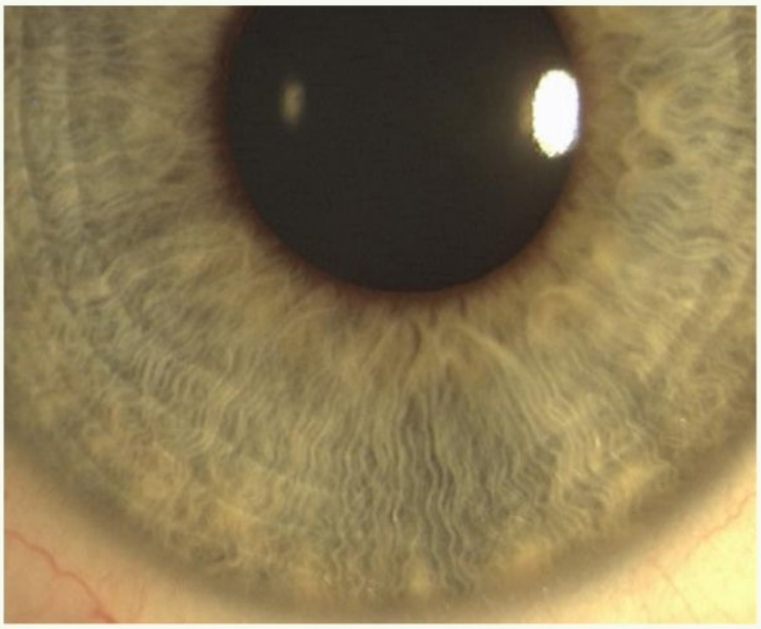


Kidneys projections appear in the visceral sectors of both irises (third – fourth – fifth – sixth circular rings) along the nasal side of the median line.

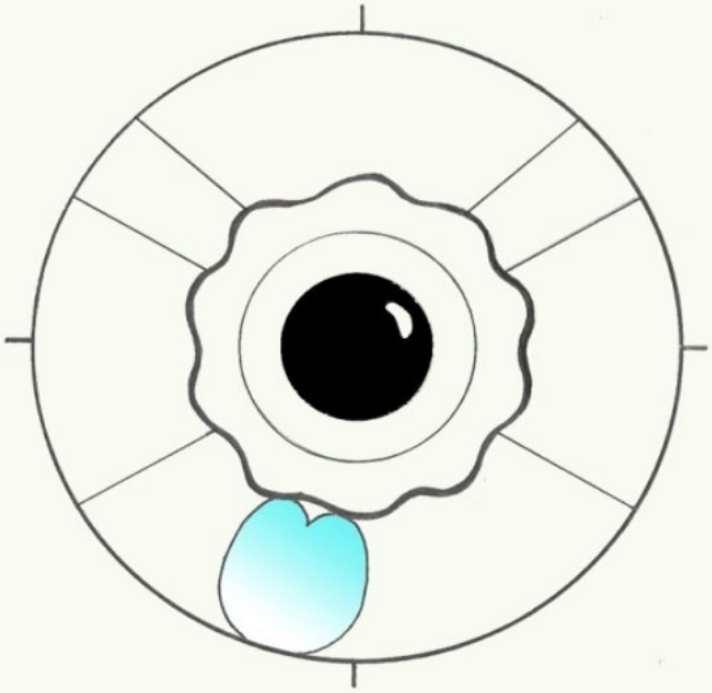


Possible overlapping: pancreas body and uterus.
Signs of kidney damage: thinning of fibers. Yellowish tophi in the renal area. Renal arches: yellowish fibers that replace the nerve edge in the visceral sector, in correspondence with the kidneys projection area.
Inflammations: thinning associated with lightening. Large light lacunae. White dots, white clouds, faded areas and white strips (inflammation).





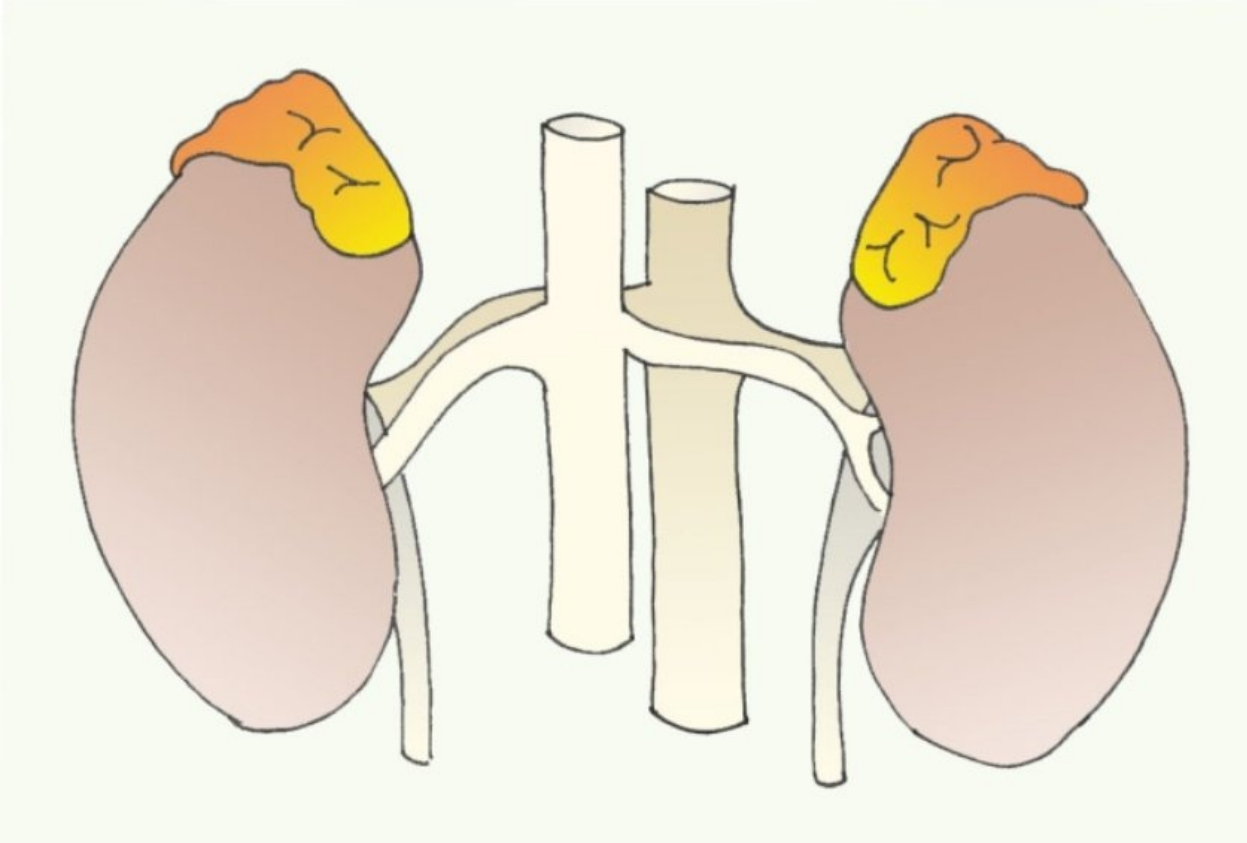
Right iris. Thinning of fibers in the medium visceral sector (kidney projection area)



Left iris. Intensely colored yellowish tophi and bright arcs replacing the nerve edge in the renal projection area

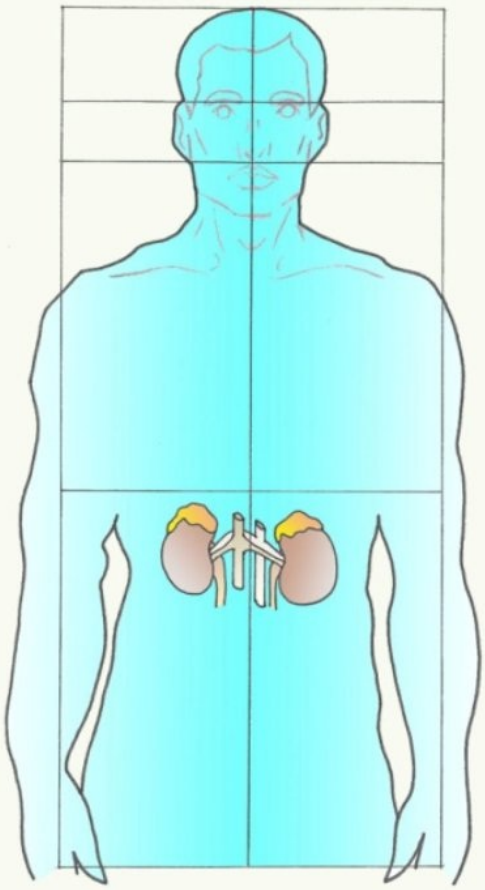
ADRENALS

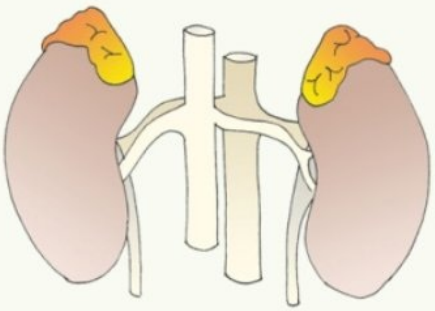
Two glands placed like a cap on the upper lobes of the kidneys.

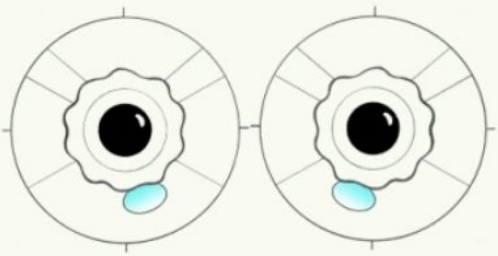


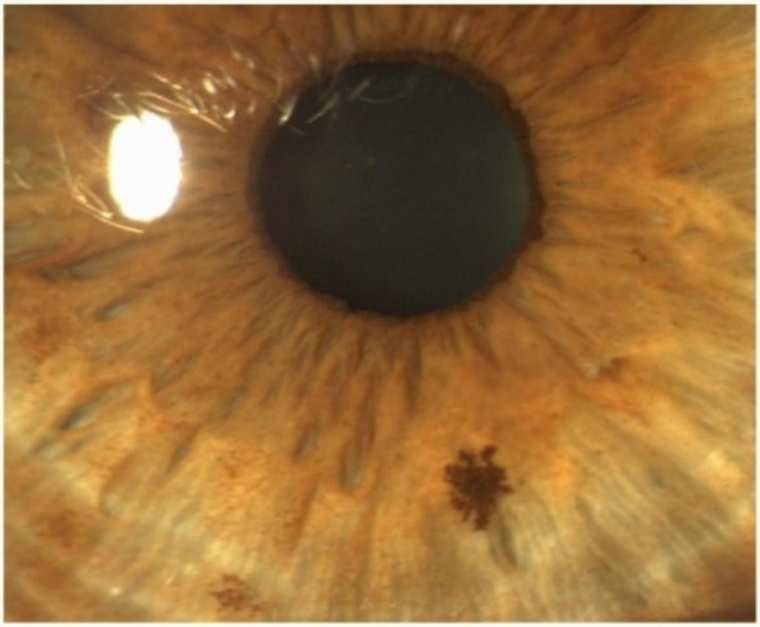
Adrenals have a diameter of about 4-5 cm and weigh approximately 6-7 gr. They are composed of two distinct parts, a superficial layer and a core: the layer, called cortex, secretes steroid hormones (cortisol, aldosteron, sexual hormones) whereas the inner part, named medullar, secretes adrenalin and noradrenalin.

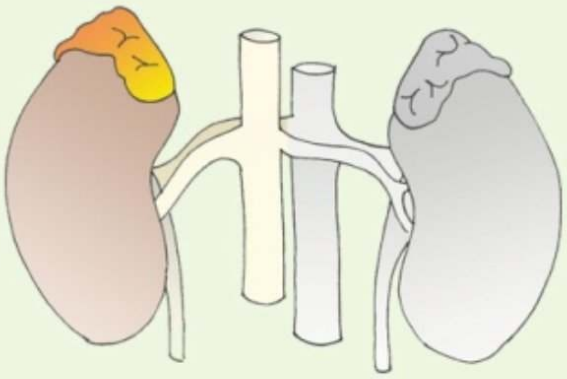
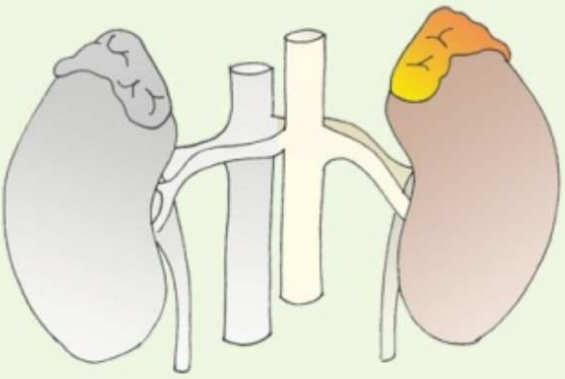
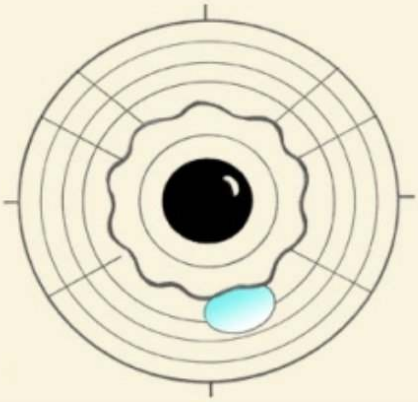
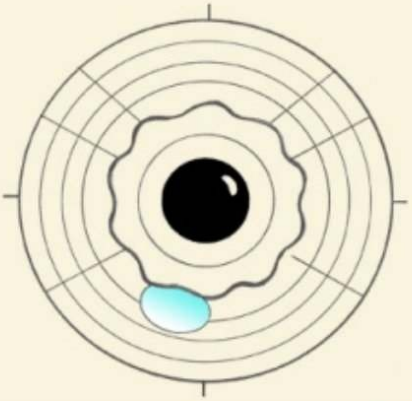
Adrenals

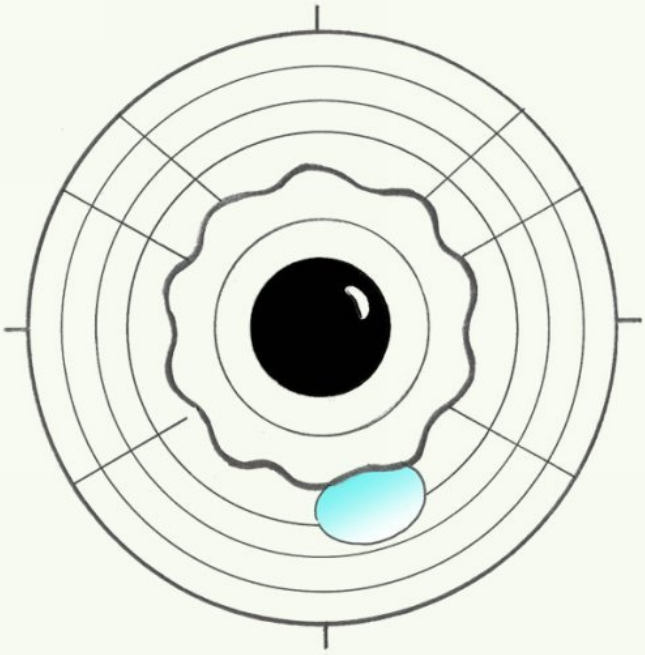


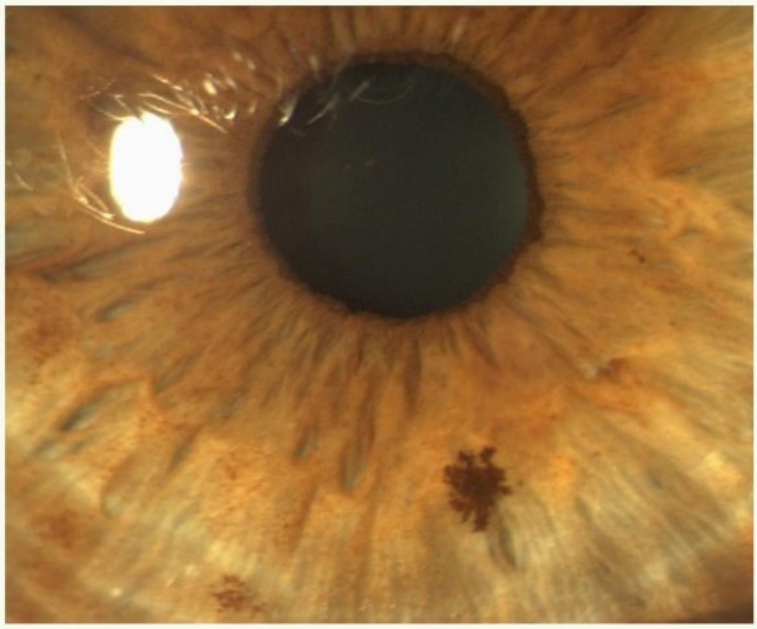




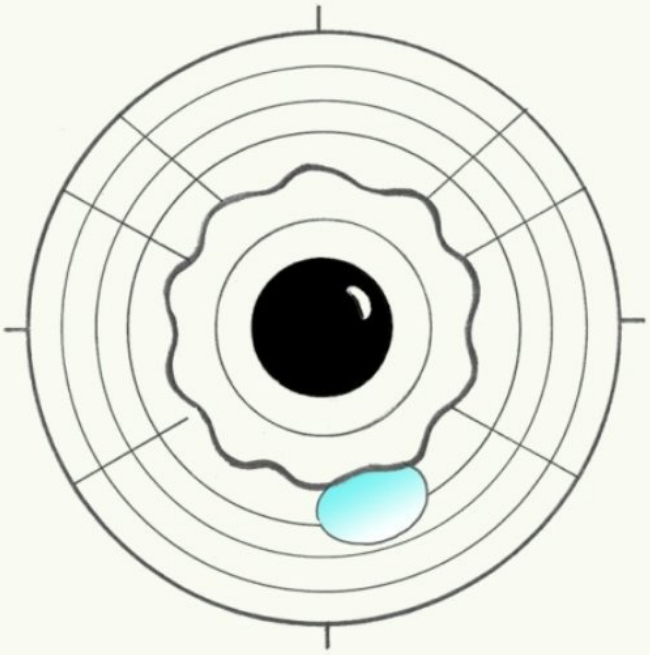


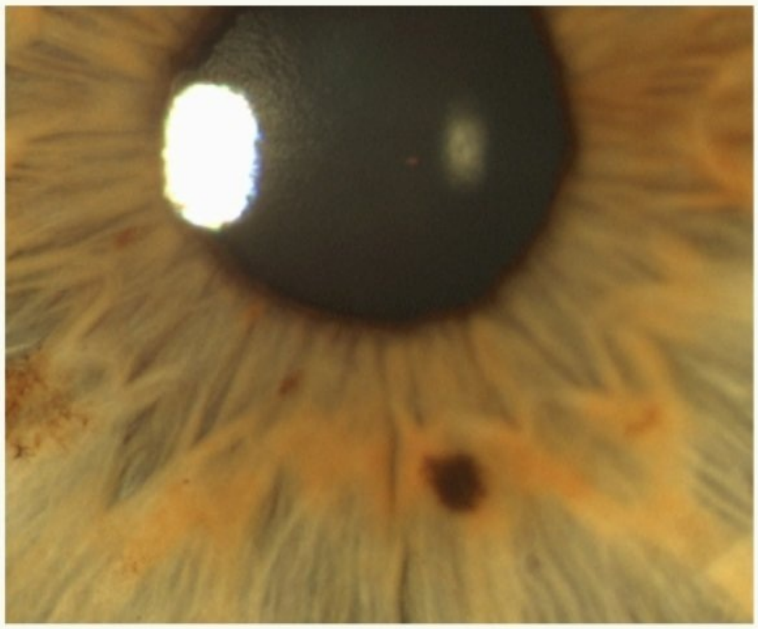
	
	
Right iris **Right adrenal** **05:15-05:45 o'clock** **third, forth** **circular rings**	**Left iris** **Left adrenal** **06:15-06:45 o'clock** **third, forth** **circular rings**





Right iris. Brown pigment with jagged margins in the third circular ring at 05:30 o'clock (adrenal projection area)



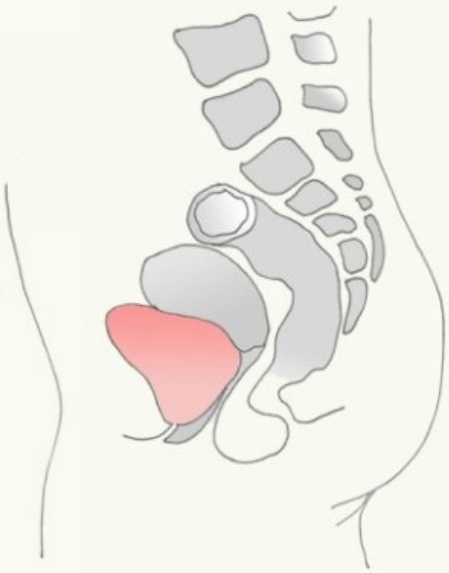


Right iris. Dark brown pigment with blurred margins in the third circular ring at 05:40 o'clock (adrenal projection area)

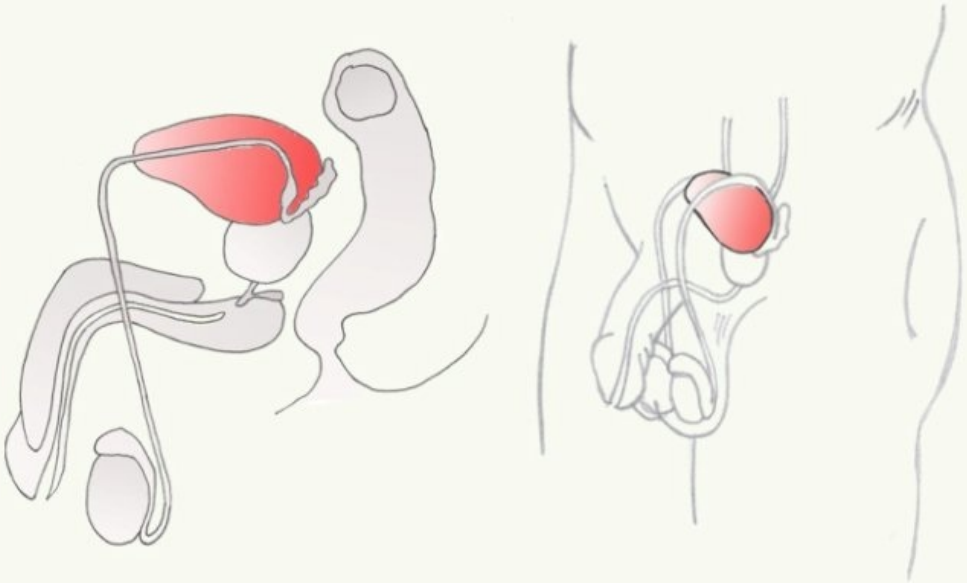
URINARY BLADDER

It is a sack-shaped membranous and muscular tissue located at the basis of the pelvis.

Urinary Bladder



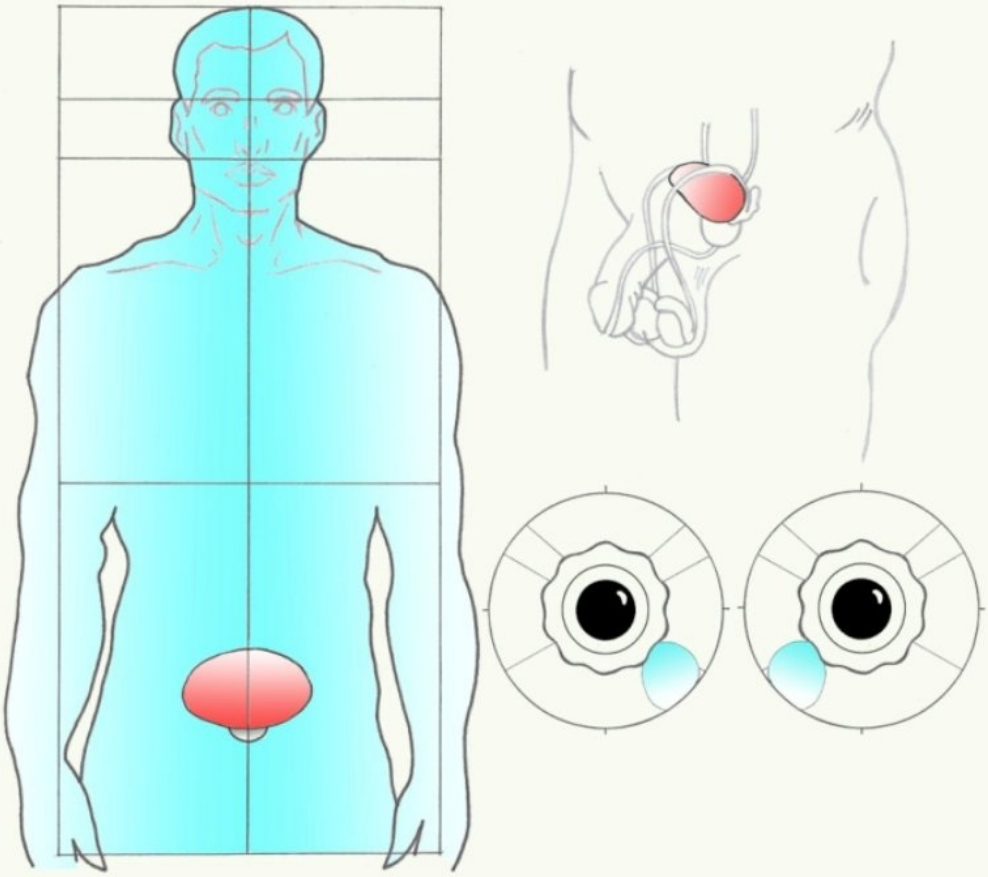
woman

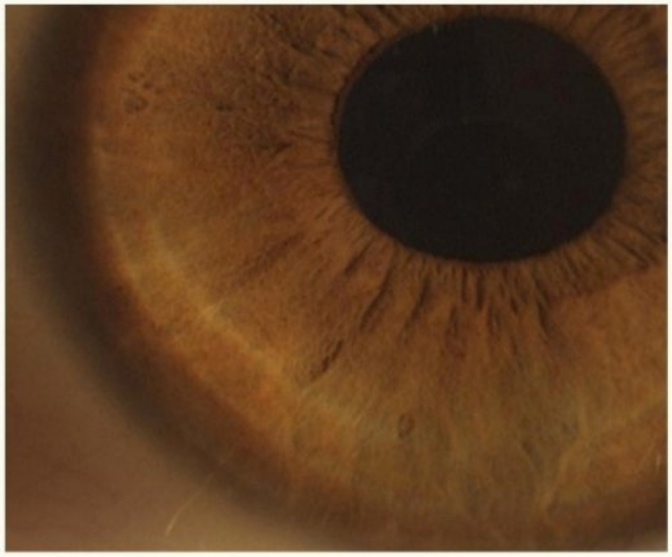


Man

The urinary bladder collects the urine from the ureters and eliminates it through the urethral channel following a voluntary contraction. In men, the urethral channel passes through the prostate. The urinary bladder leans against the urethral perineum. Its posterior side is close to the rectum in men and to the uterus, vagina and rectum in women.

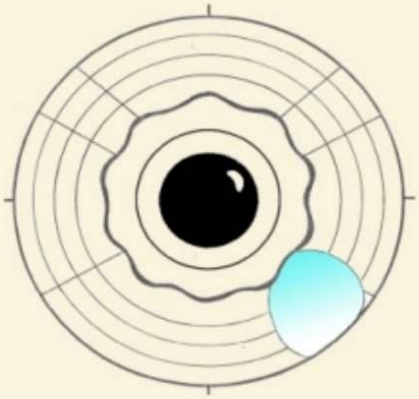
Urinary Bladder

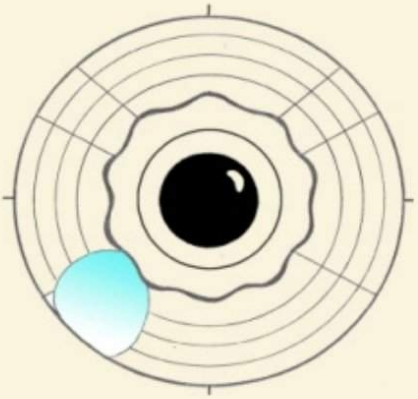




woman

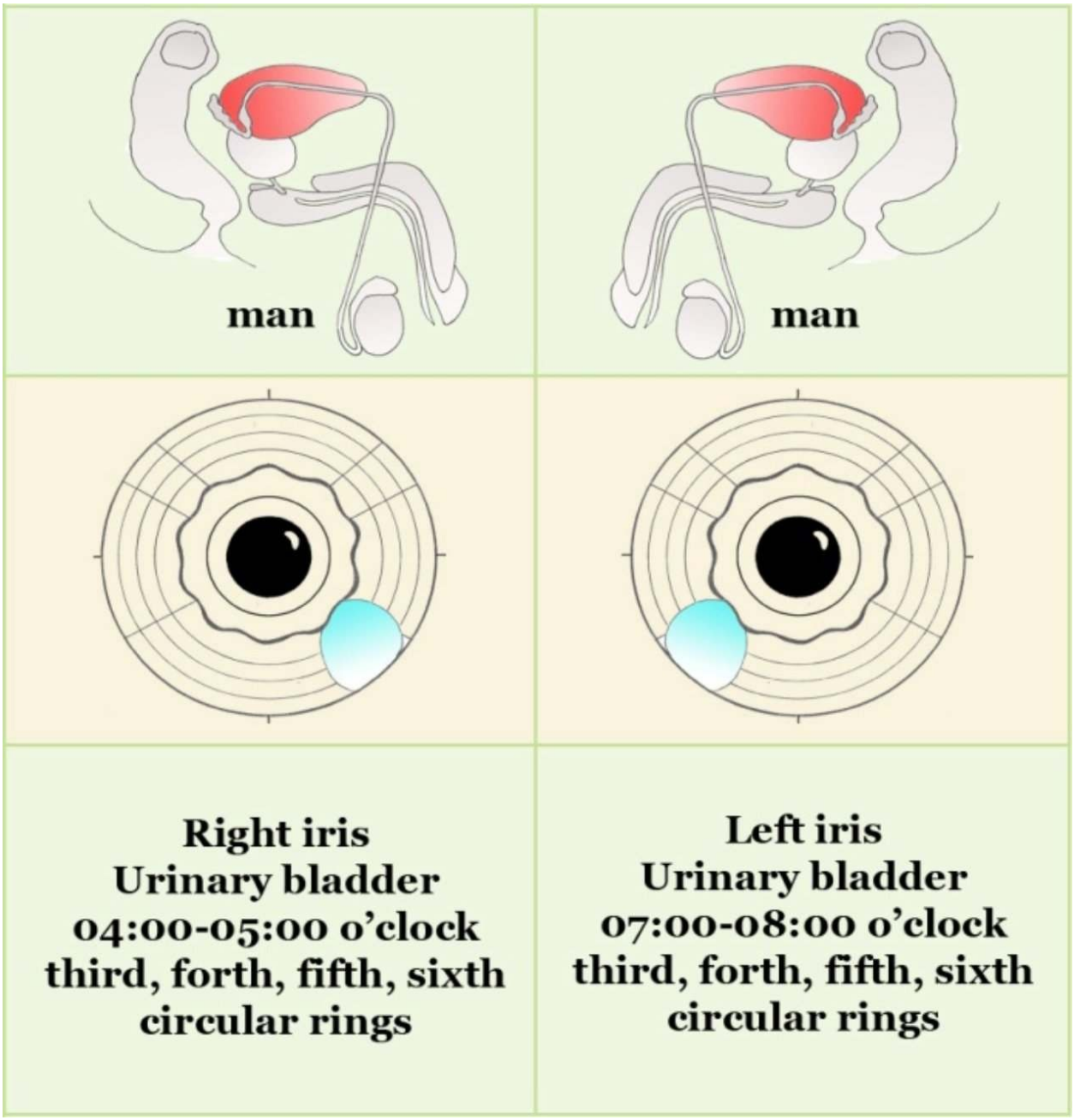
woman



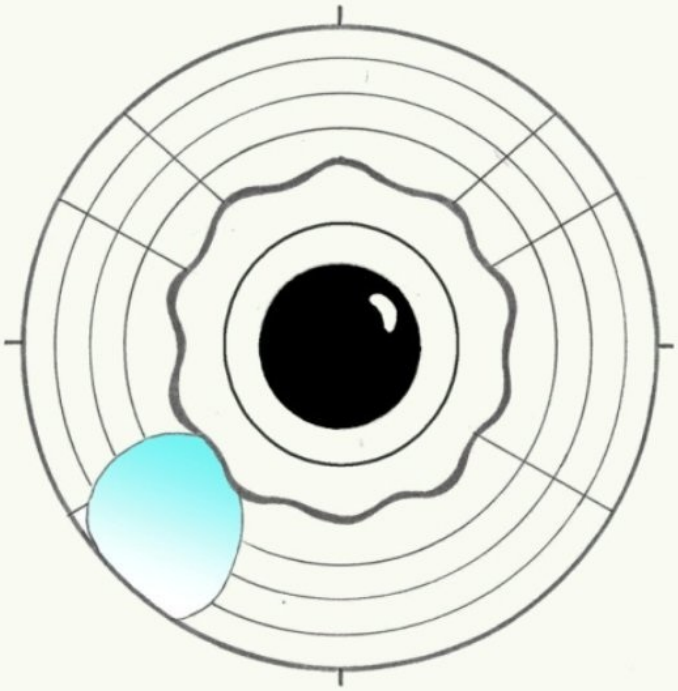


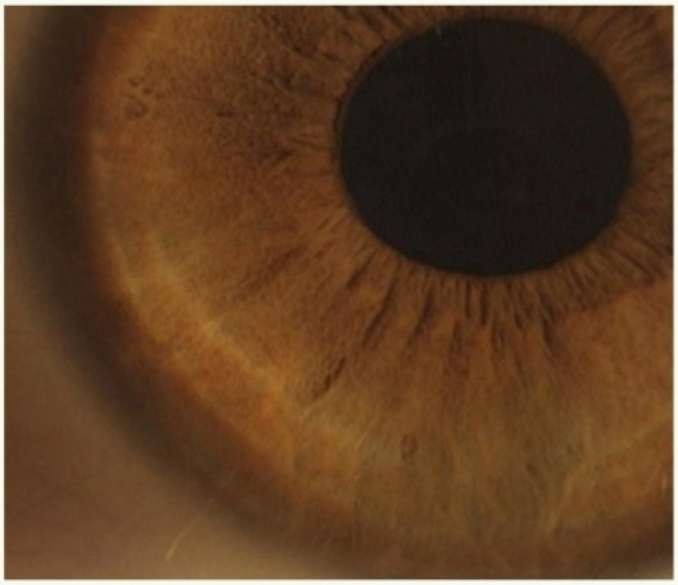
Right iris
Urinary bladder
04:00-05:00 o'clock
third, forth, fifth, sixth
circular rings

Left iris
Urinary bladder
07:00-08:00 o'clock
third, forth, fifth, sixth
circular rings



The bladder is projected in the visceral sector of both irises, along the area bordering with the nasal sector.
The projections of the urinary bladder and prostate in the iris share the same area Furthermore, the urinary bladder projection area is near to the genito-urinary organs and, in the left iris, to the rectum one, therefore partial overlapping is possible.

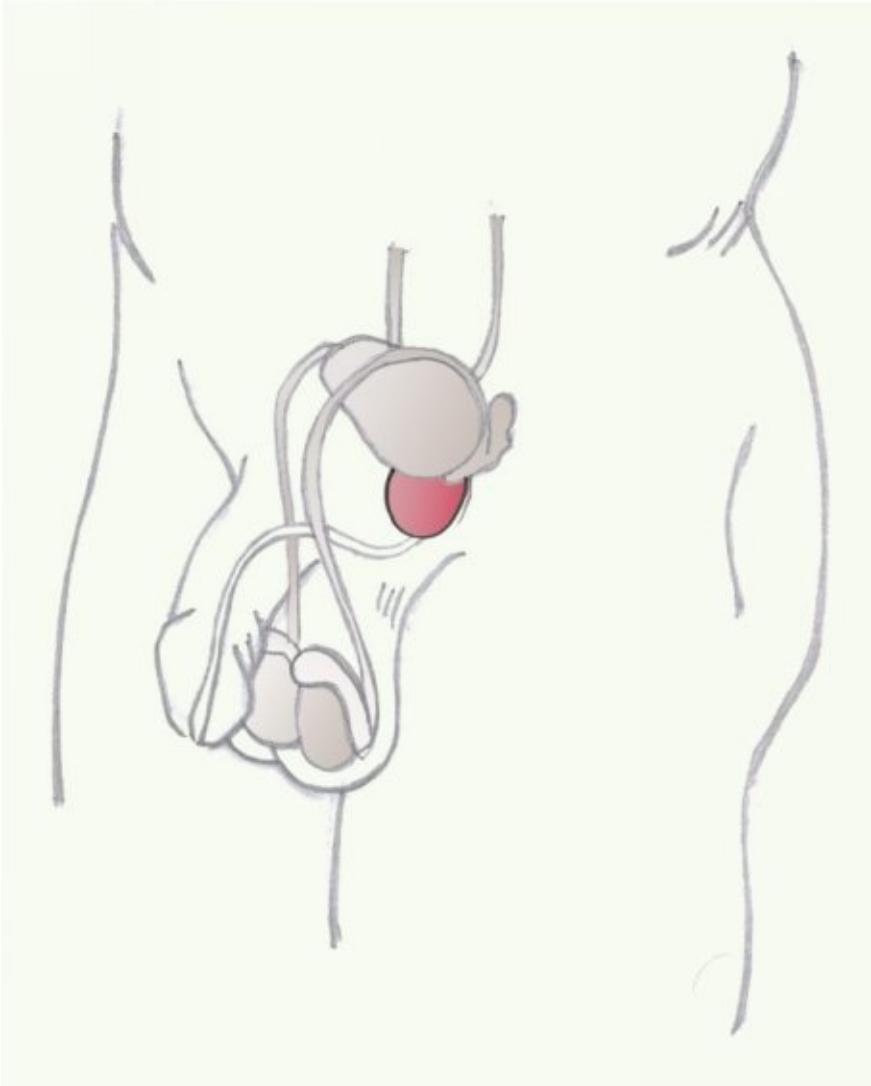




Left iris. Small lacuna, depigmentation, clear contraction arc in the urinary bladder projection area

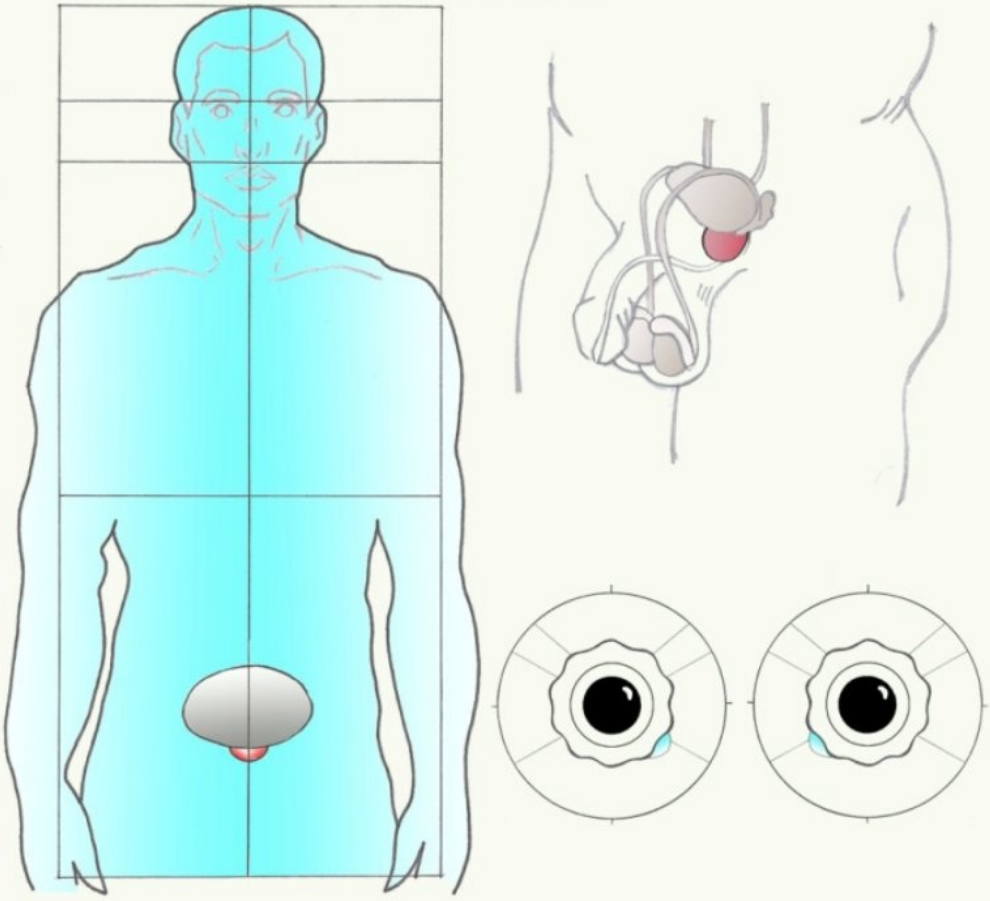
PROSTATE

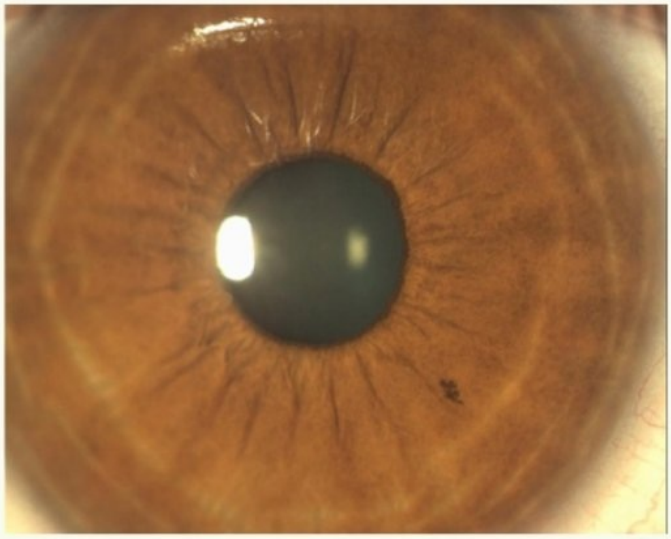
Gland of the male genital apparatus which is located under the urinary bladder.

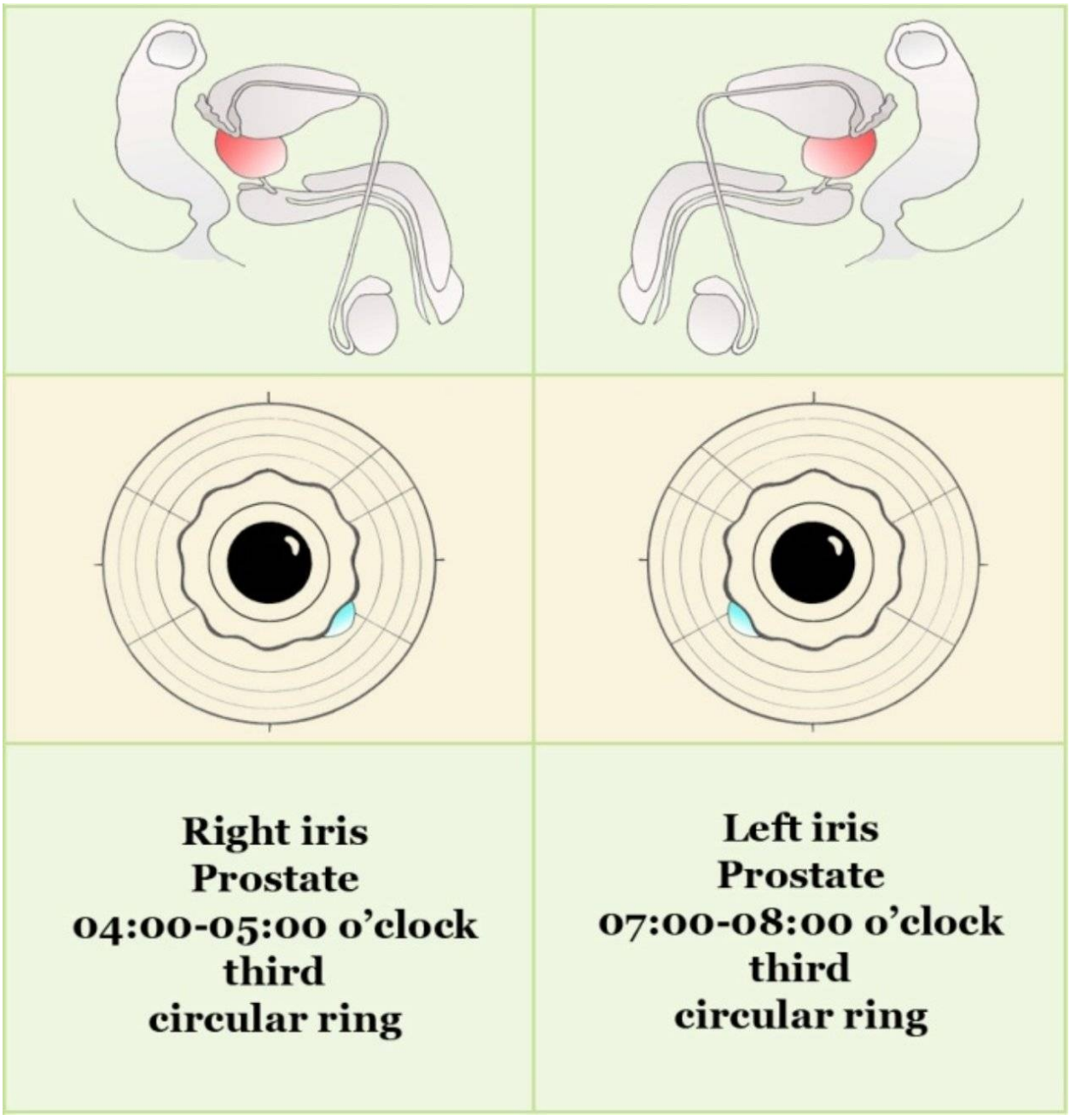


It is shaped like a chestnut, weighs about 20 gr and is about 4 cm wide, 3 cm long and 2.5 cm high. Its function is to secrete a milky liquid that mixes with semen during ejaculation. It also plays a role in erection. Posteriorly it is very close to the rectum.

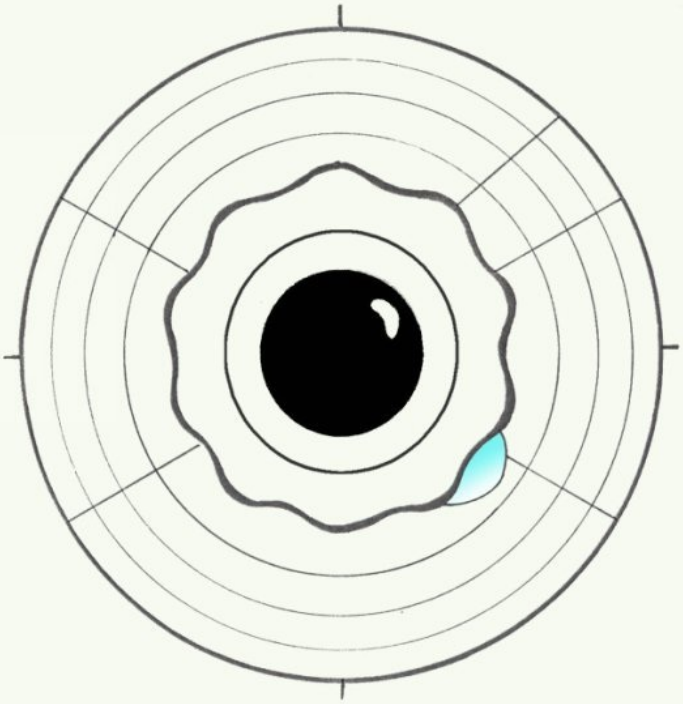
Prostate

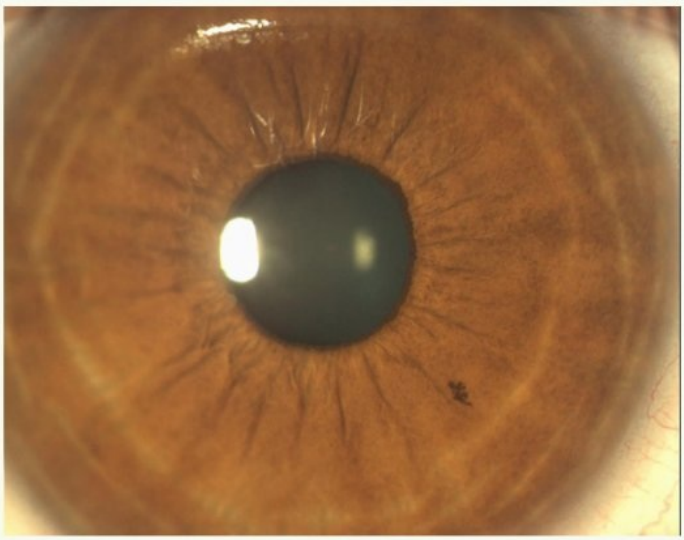






The prostate projection area is located in the visceral sectors of both irises, leaning against the nerve edge in the third circular ring in the border area close to the nasal sectors. Possible overlapping: bladder, pancreas.
The signs usually observed are brown or dark pigments with possible other connected signs in the nearby areas (bright fibers, transversal whitish tophi, thinning and contraction rays).

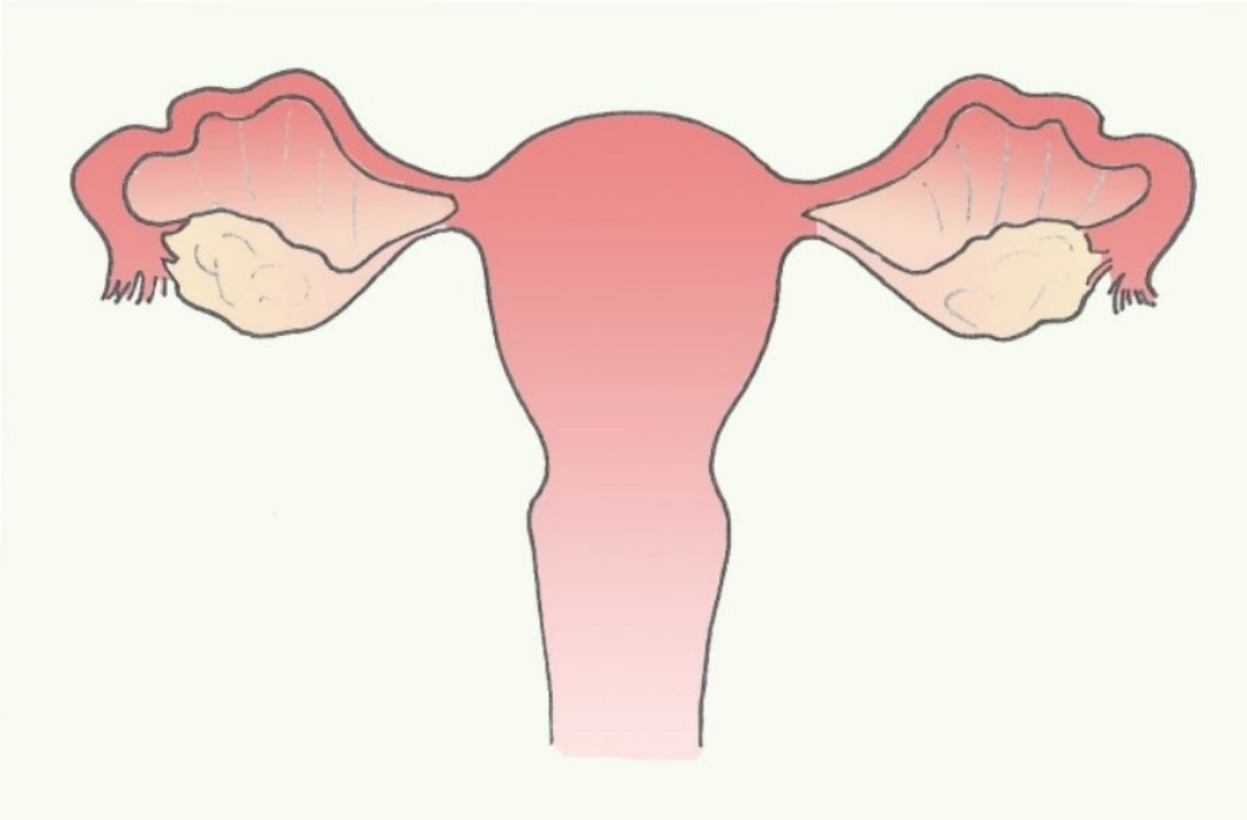




Right iris. Dark brown pigment close to the nerve edge within the prostate projection area

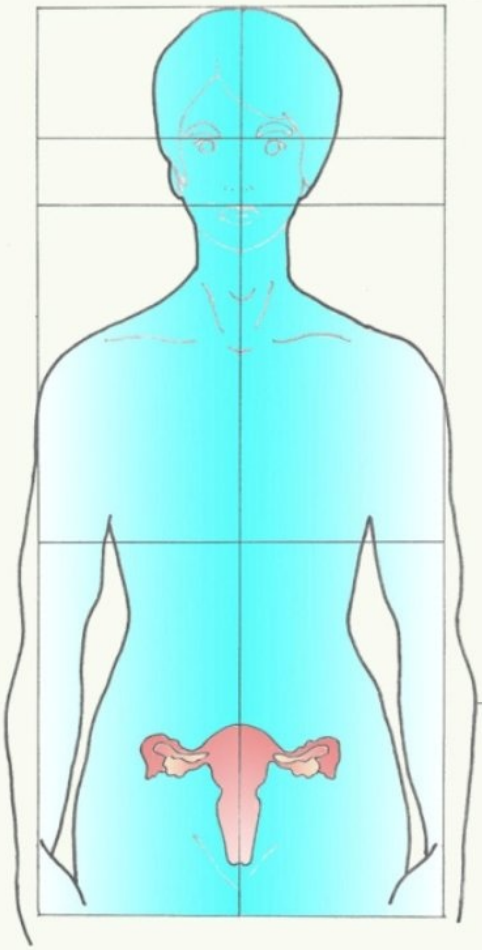
UTERUS

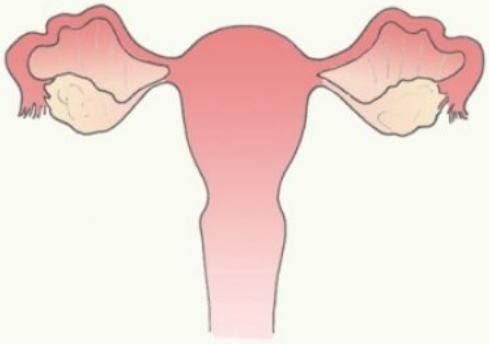
Organ of the female genital apparatus, located at the center of the pelvis, in front of the rectum and behind the bladder.

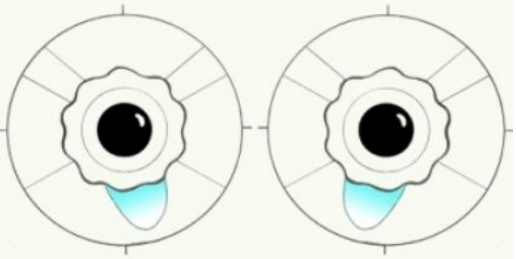


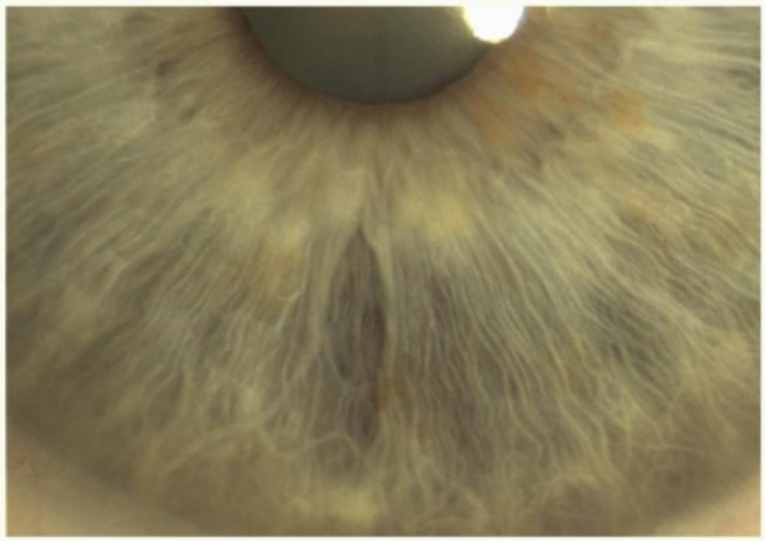
It is a reproductive organ whose function is to allow the development of the fetus. Shaped as an upside-down little pear, it is about 7 cm long and weighs around 50 gr. Tubal ducts (fallopian tubes) join the uterus with the ovaries. The uterus narrows down in its lower part (cervix) and ends up in the vagina. The uterus projection is in the visceral sector of both irises along the nasal side of the median line. Possible overlapping: kidney and pancreas in both irises, rectum in the left iris. Peculiar trait: uterogenic pigment (pinkish-orange round-shaped spot).

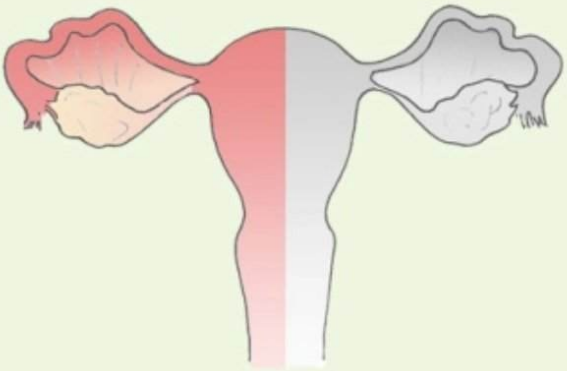
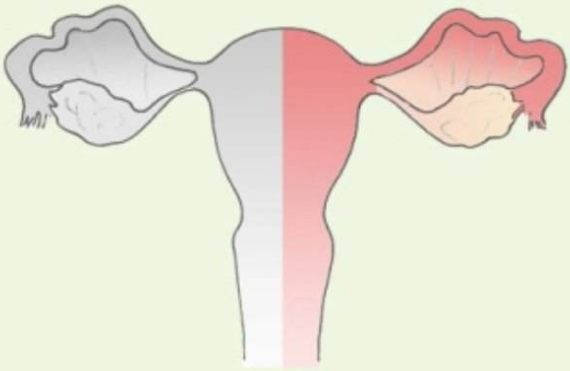
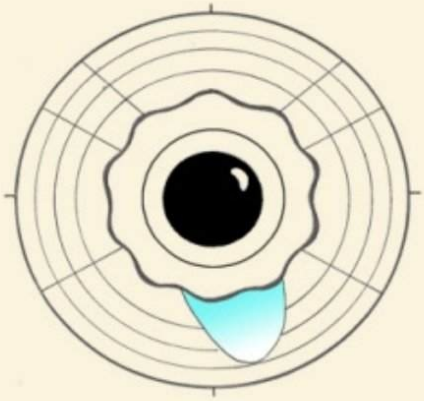
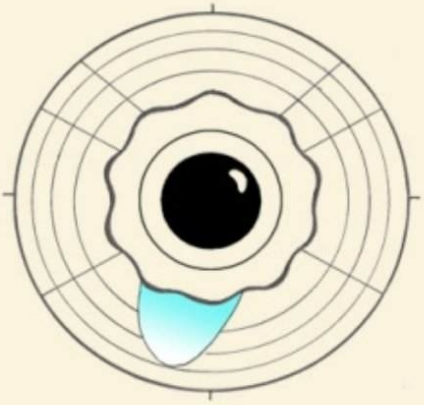
Uterus

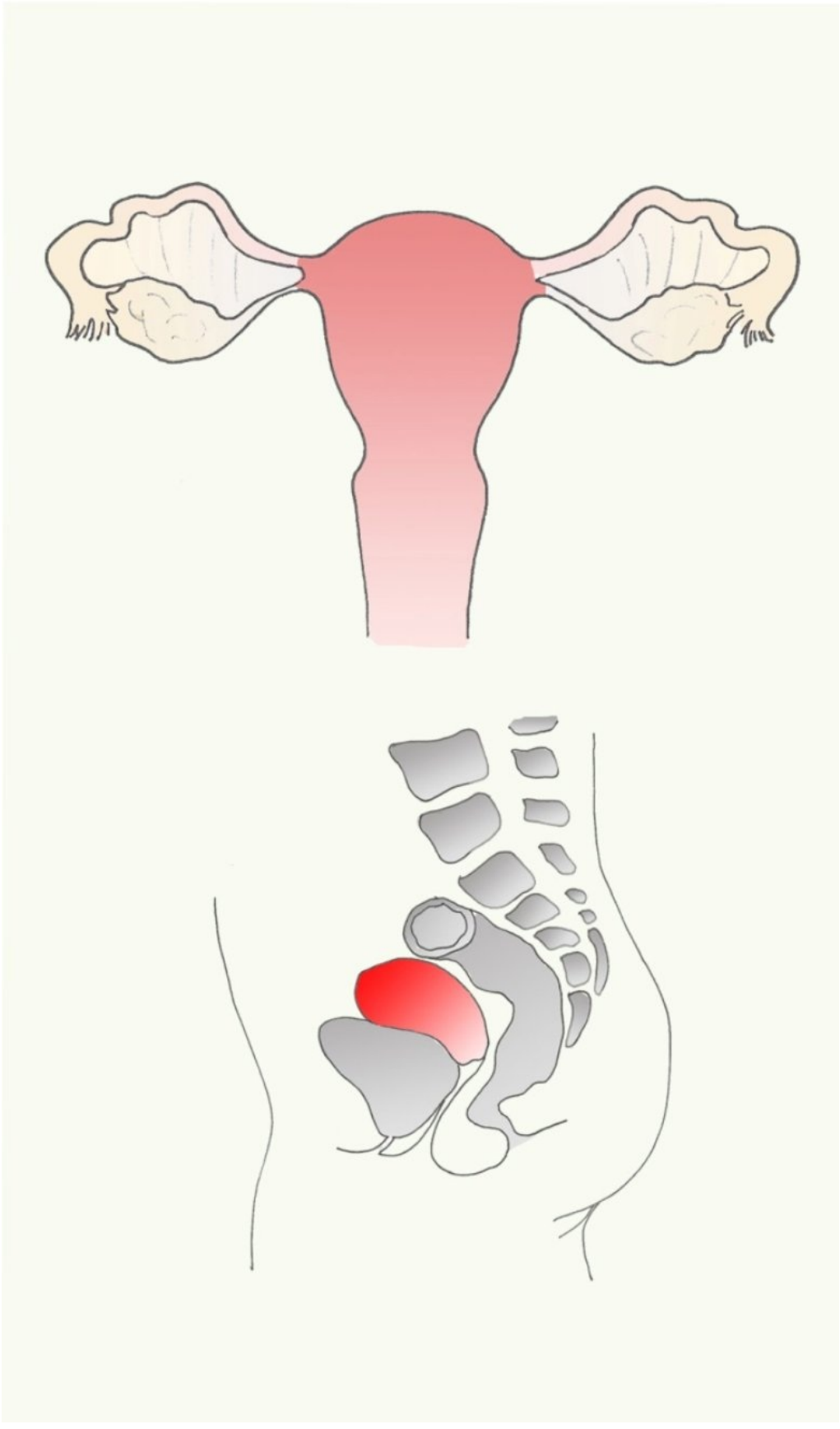


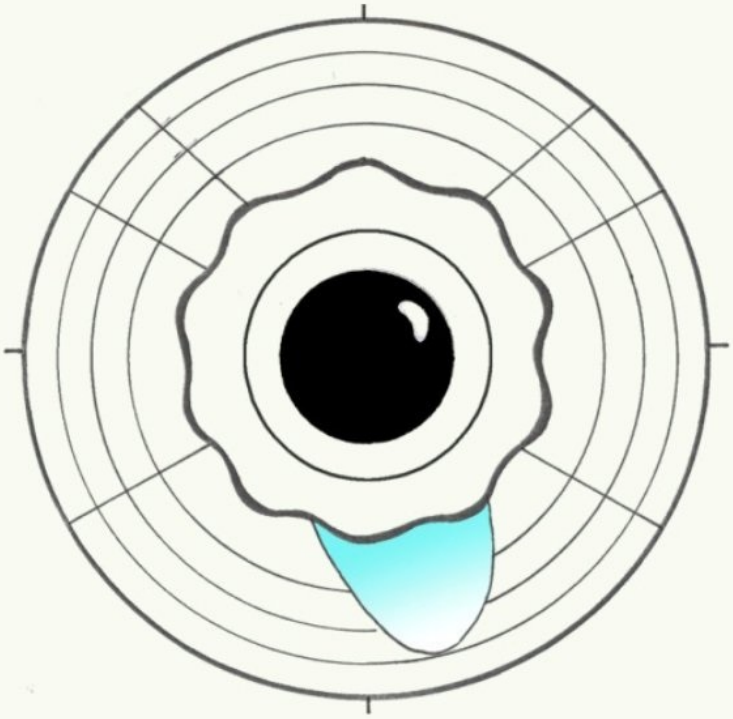


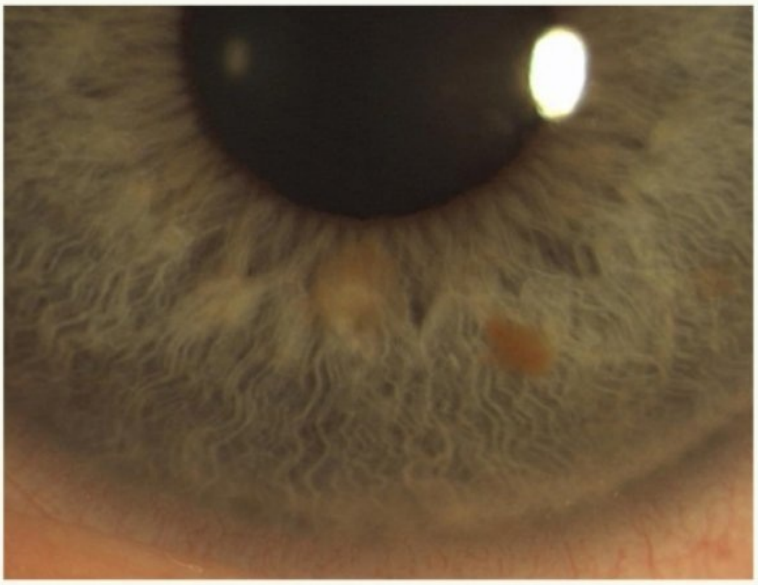




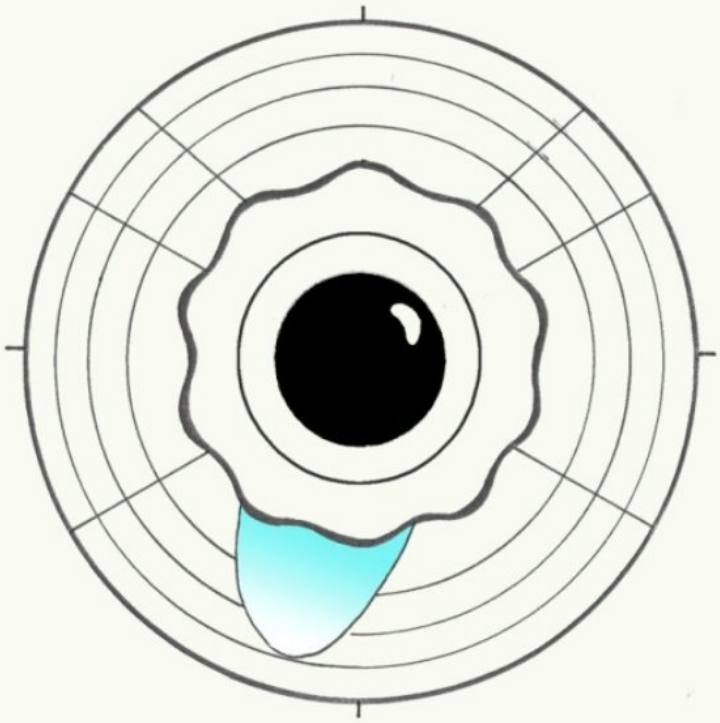
	
	
Right iris **Uterus** **05:00-06:00 o'clock** **third, forth, fifth** **circular rings**	**Left iris** **Uterus** **06:00-07:00 o'clock** **third, forth, fifth** **circular rings**

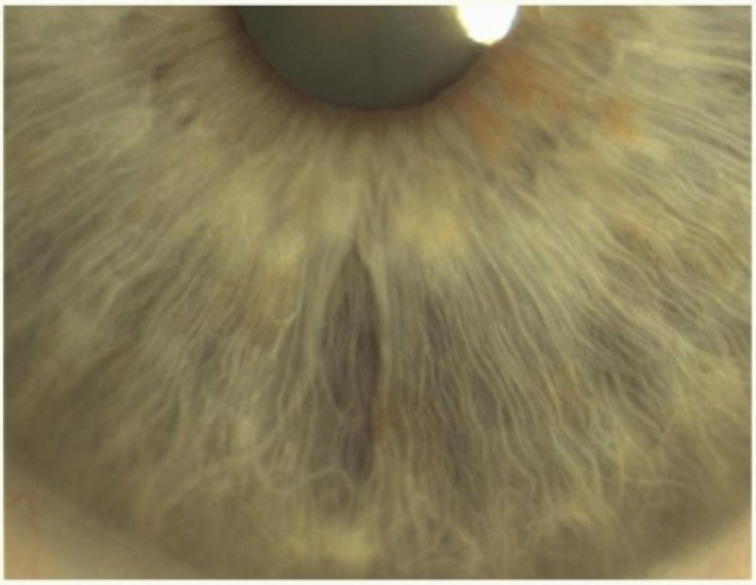






Right iris. Orange-pinkish pigment in the third and forth circular rings at 05:30 o'clock (uterogenic pigment)

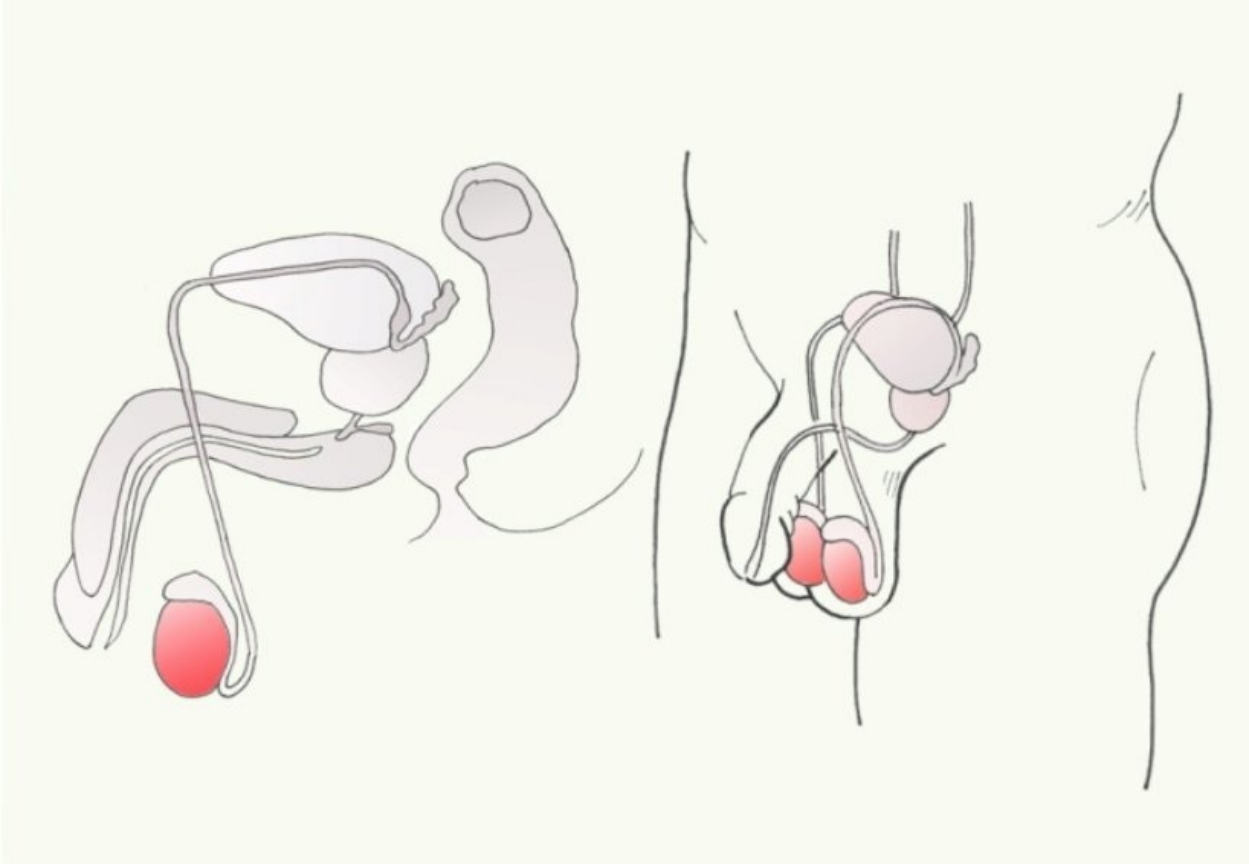




Left iris. Deep lacuna delimitated by swollen and bright fibers and crossed by a transversal fiber; 06:00-06:30 o'clock.

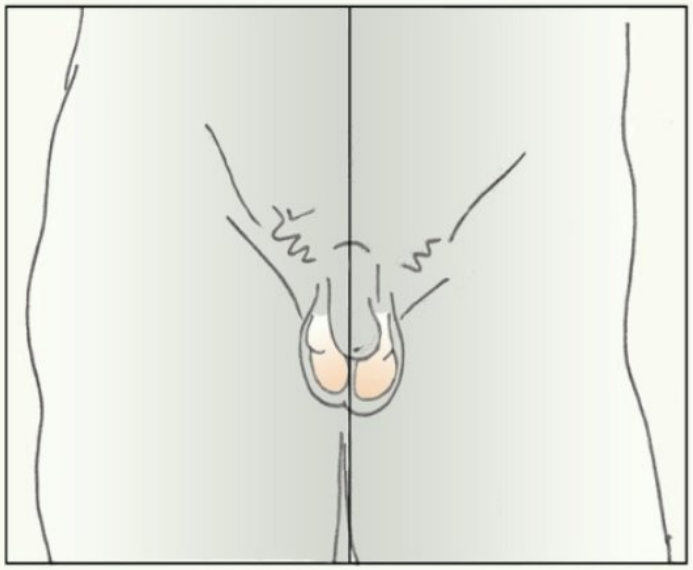
TESTICLES

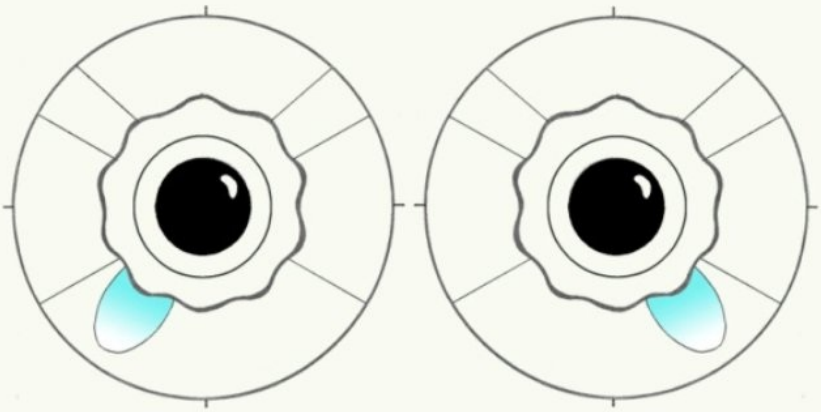
Two male endocrine ovoid glands. They are 4-5 cm high, 3.5 cm large and 3 cm deep. They usually weigh 10.5 – 14 gr and are located below the penis in the scrotal sack.

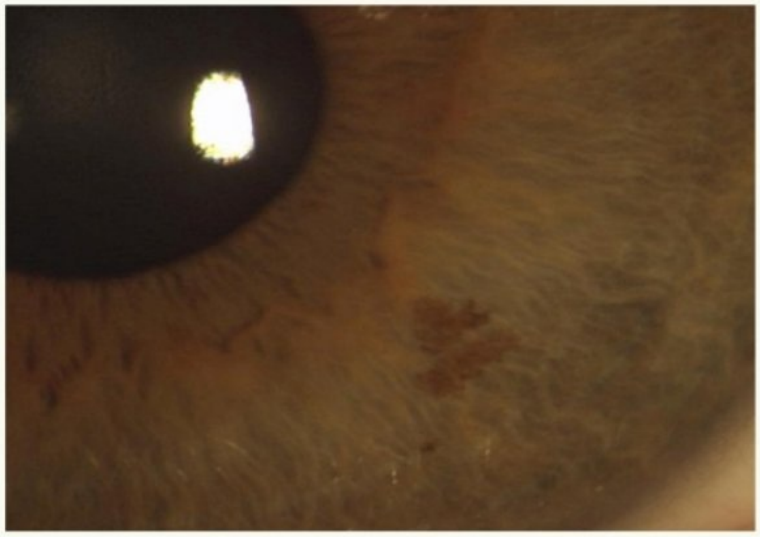


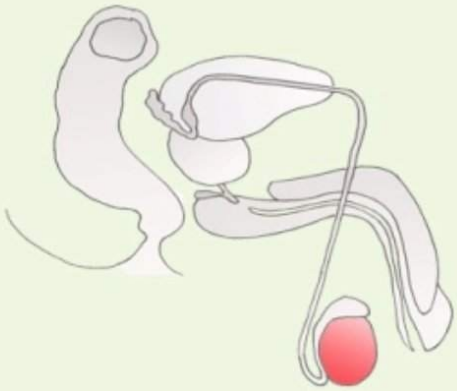
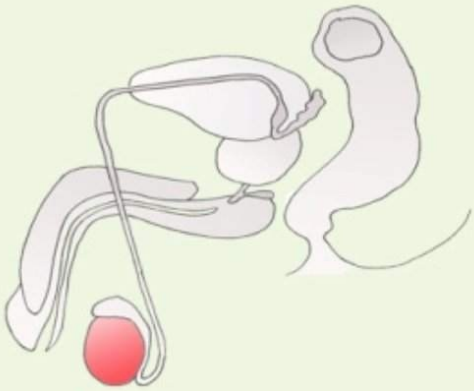
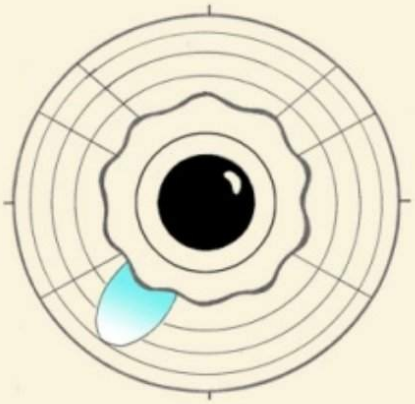
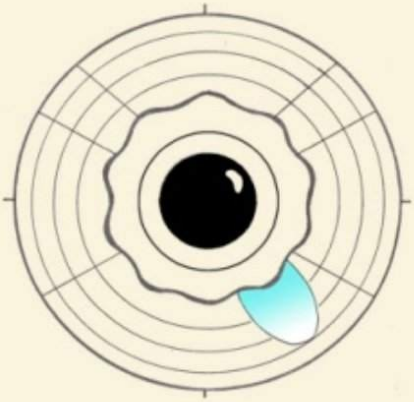
Testicles produce spermatozoa and male hormones. Spermatozoa pass from the epididymis to the seminiferous tubules; they are collected in the seminal vesicles located against the posterior wall of the prostate. They are channeled into the urethra through the ejaculatory ducts which pass through the prostate. Prostate secretions and spermatozoon compose semen. The projections of the testicles in both irises are found in the temporal side of the visceral sector, in the third, fourth and fifth circular rings.

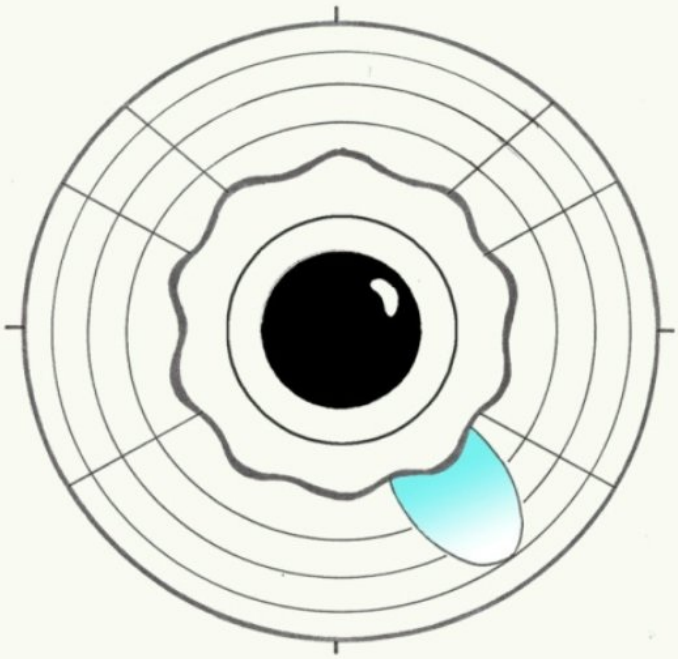
Testicles

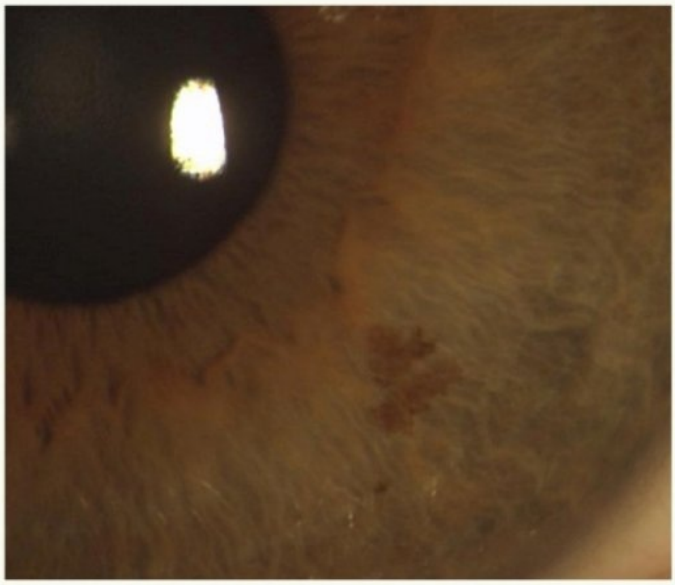




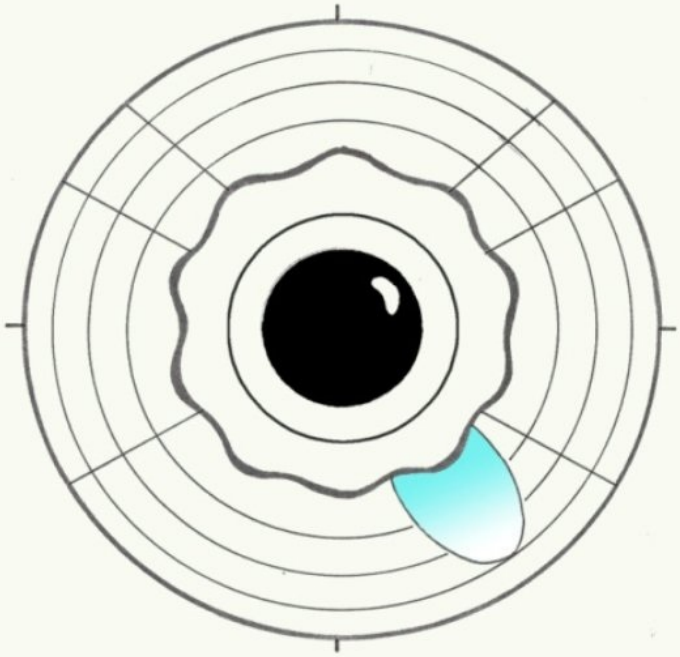


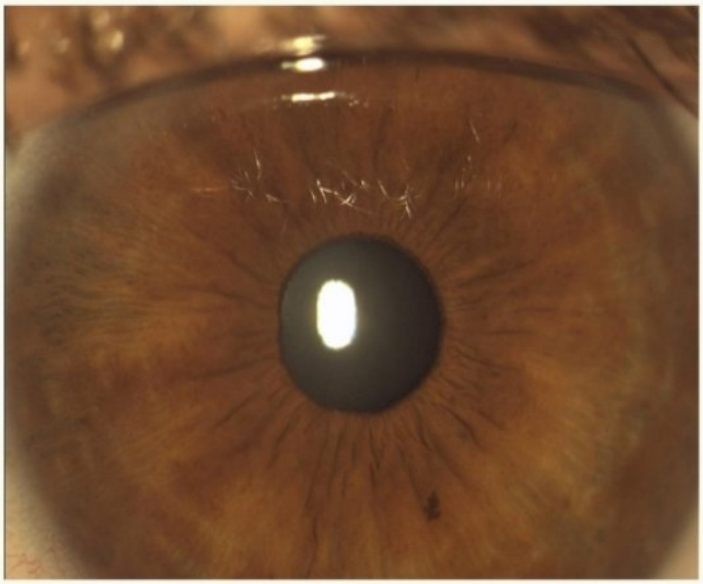
	
	
Right iris **Right testicle** **07:00 o'clock** **third, forth, fifth** **circular rings**	**Left iris** **Left testicle** **05:00 o'clock** **third, forth, fifth** **circular rings**





Left iris. Light brown pigment in the third and forth circular rings (testicle projection area)

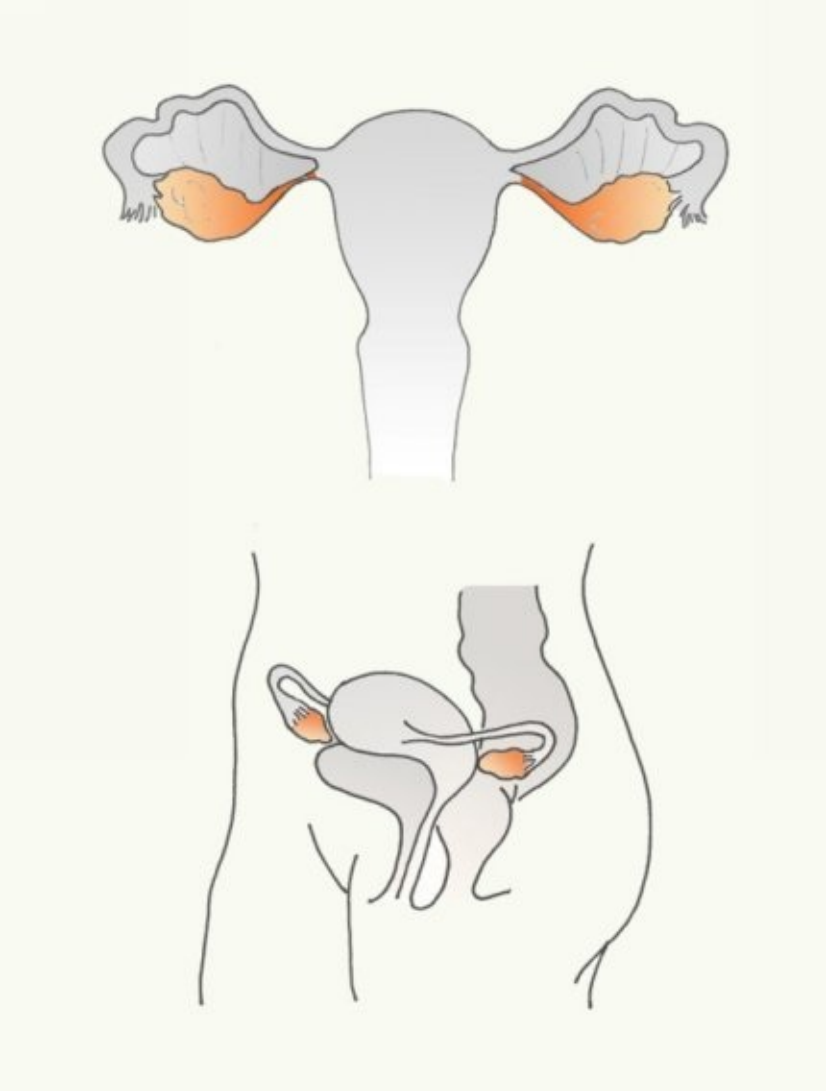




Left iris. Small blackish pigment in the third circular rings (testicle projection area)

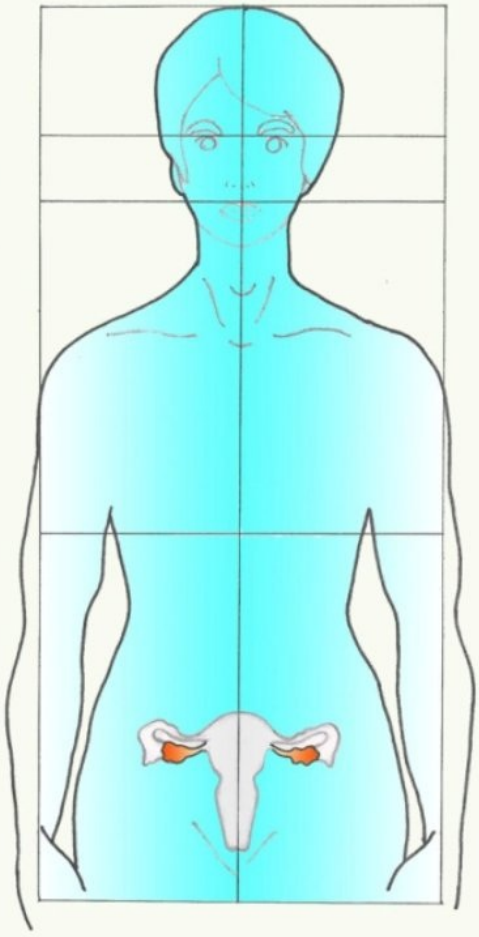
OVARIES

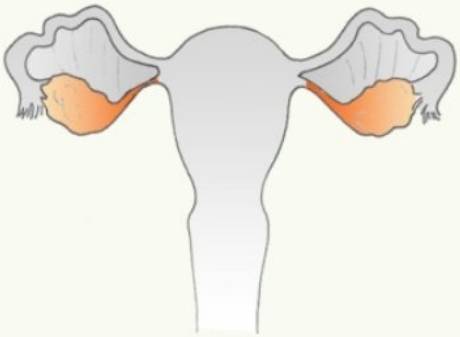
Pair of female reproductive organs placed in the lesser pelvis at either sides of the uterus.

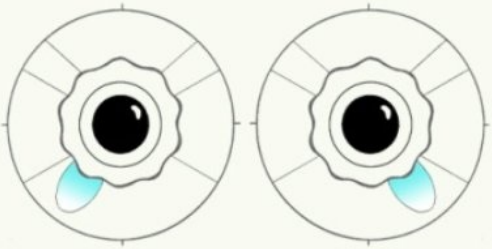


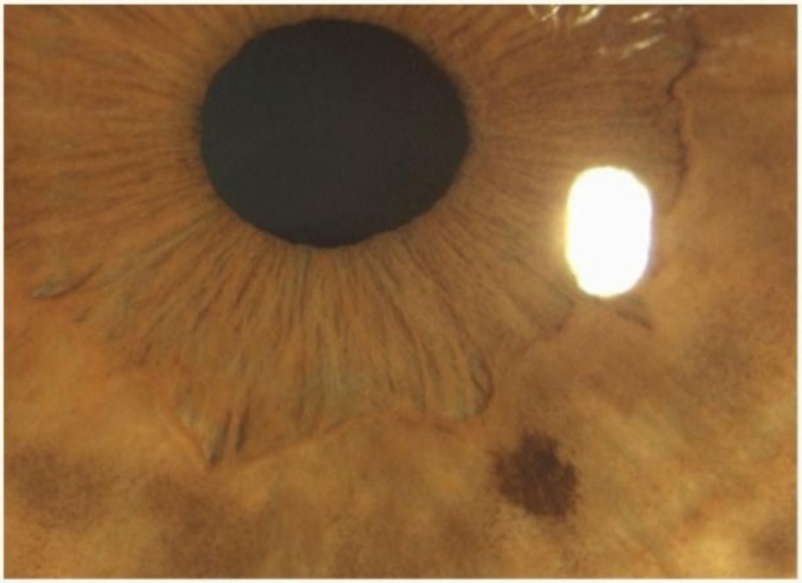
Ovaries are 3-5 centimeters long, 1,5-3 cm wide and 2 cm thick. Their function is to produce oocyte s (egg-cells) cyclically (ovaric cycle). At birth, each ovary contains about 50,000 oocytes that decrease during lifetime and disappear with menopause. The projections of the ovaries in both irises are in the temporal side of the visceral sector, in the third, fourth, fifth circular rings. On the right side, they are close to the projections of the liver and gallbladder; on the left side, they are close to the projections of the spleen and pancreas tail.

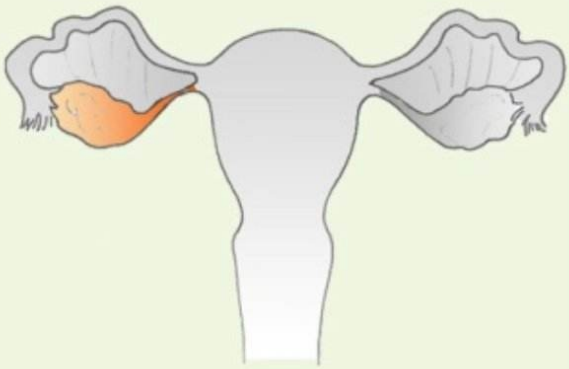
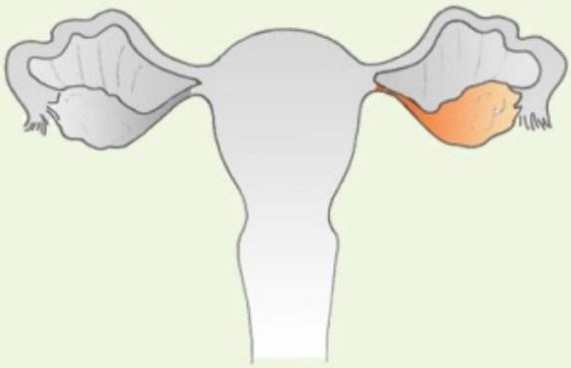
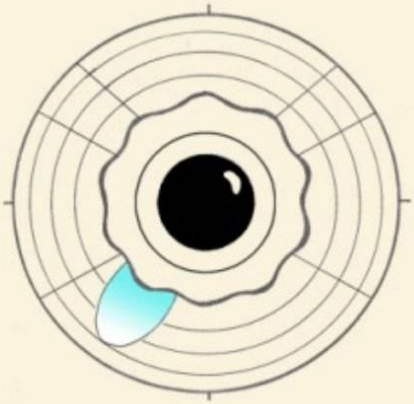
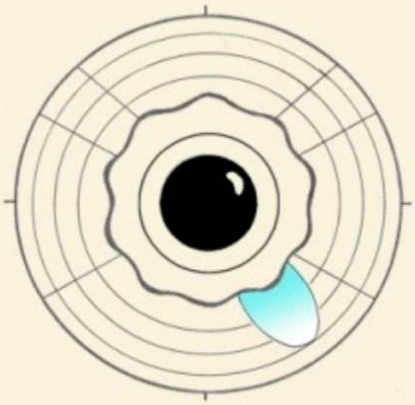
Ovaries

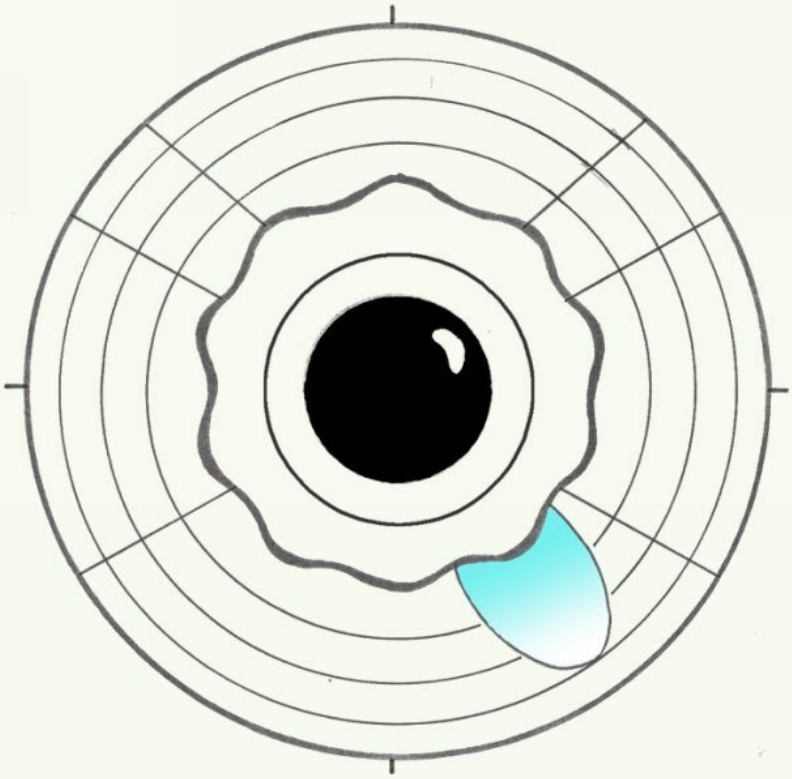


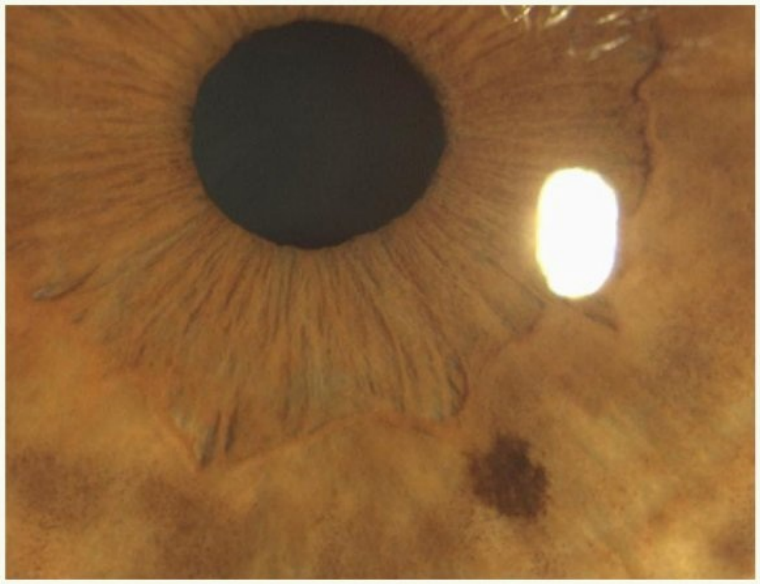




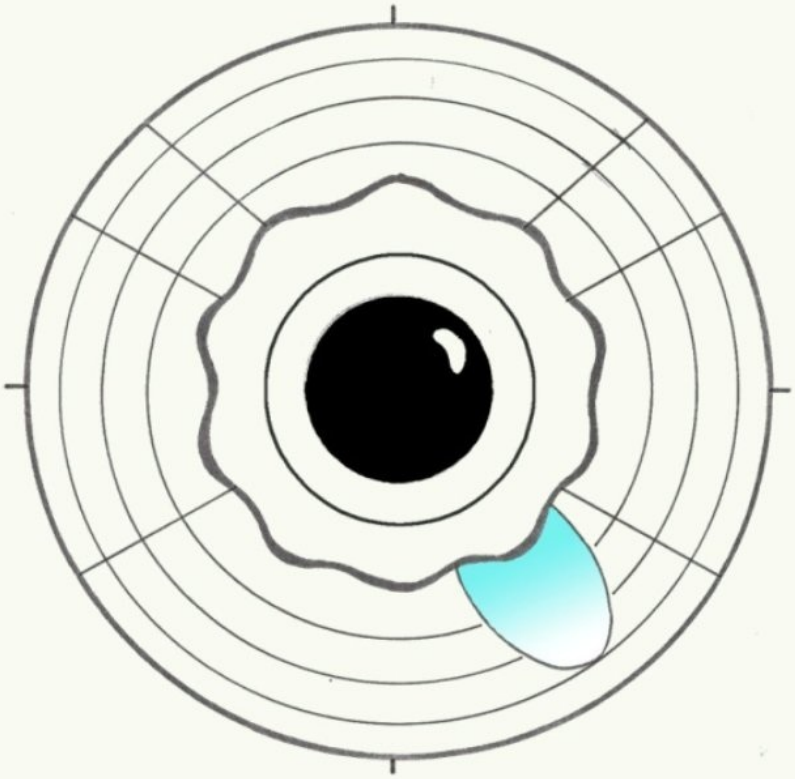


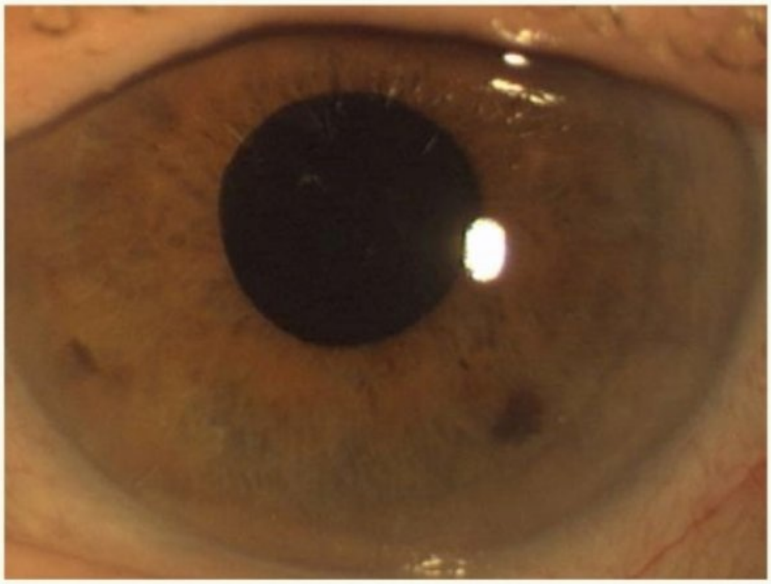
	
	
Right iris **Right ovary** **07:00 o'clock** **third, forth, fifth** **circular rings**	**Left iris** **Left ovary** **05:00 o'clock** **third, forth, fifth** **circular rings**





Left iris. Brown pigment in the third and forth circular rings at 05:00 o'clock (ovarian projection)

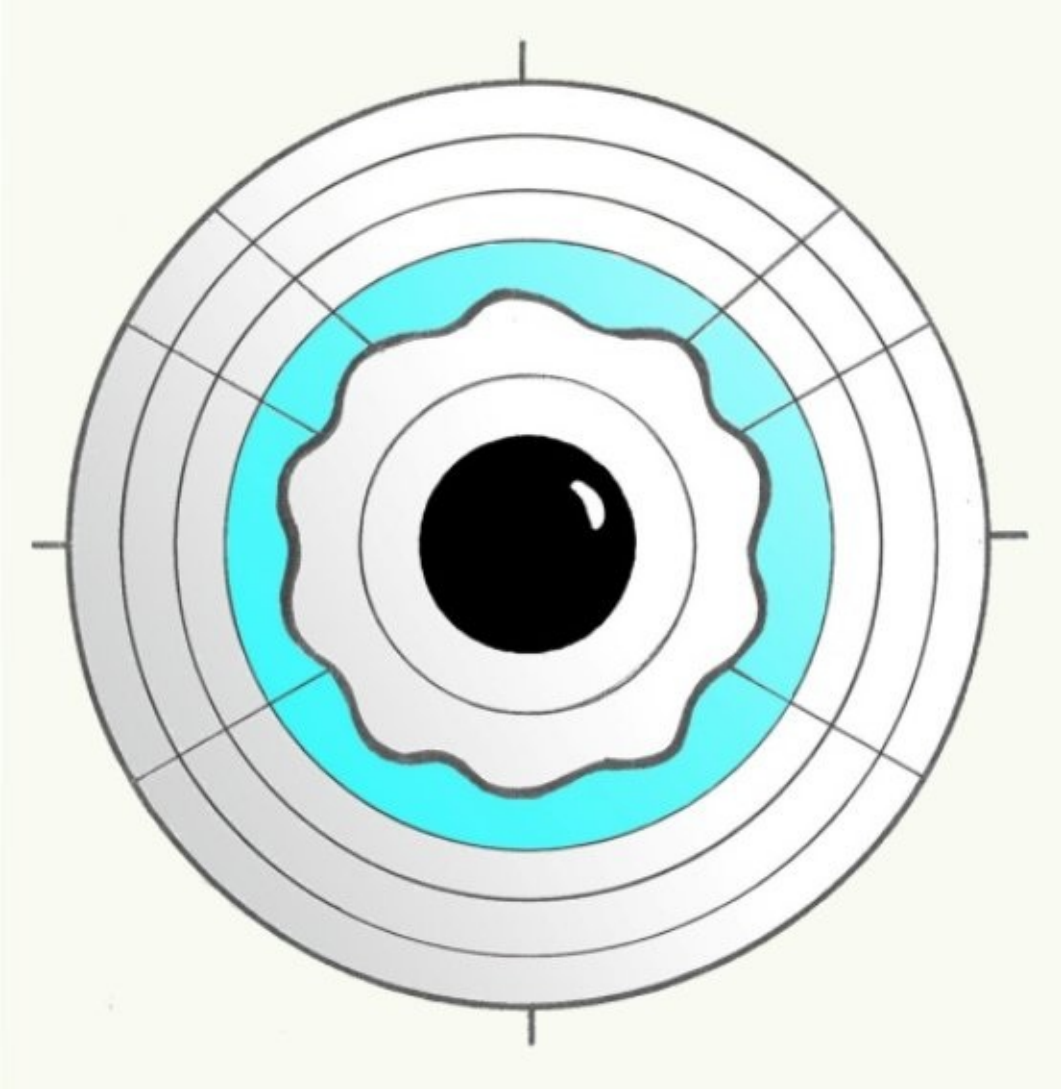




Left iris. Brown pigment in the third and forth circular rings at 05:00 o'clock (ovarian projection area)

GLANDULAR RING

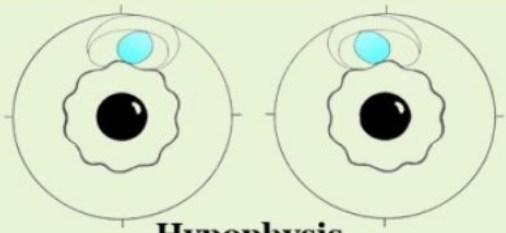
The glandular ring is the third ring of the circular subdivision of the iris, leaning against the external margin of the nerve edge (autonomic nerve edge).



All projections of the endocrine glands appear in the glandular ring.
Frontal sector: pituitary gland.
Nasal sector: thyroid.
Nasal and temporal sector: thymus.
Visceral sector: pancreas, adrenals.
Though these projections have already been described in the chapters devoted to each sector, it may be useful to add an overall approach supported by a

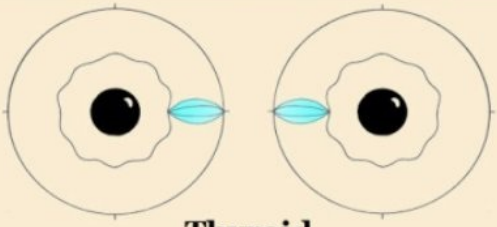
comprehensive topographic arrangement.
As a matter of fact, the activity of the endocrine glands depends on the pituitary regulatory mechanism, and the activity of each gland depends, in its turn, on the overall endocrine activity.
The iris analysis helps identify the connections related to the endocrine activity.

Glandular ring

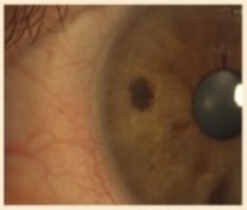


Hypophysis

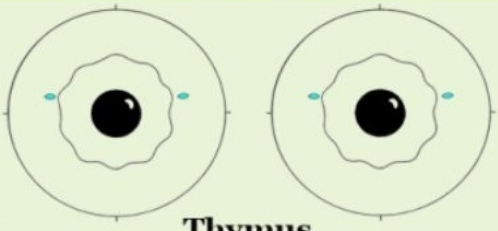
Left iris



Thyroid

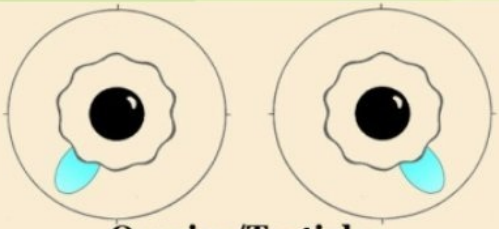


Left iris

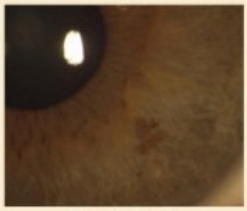


Thymus

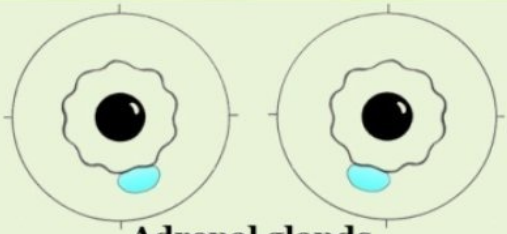
Right iris



Ovaries/Testicles

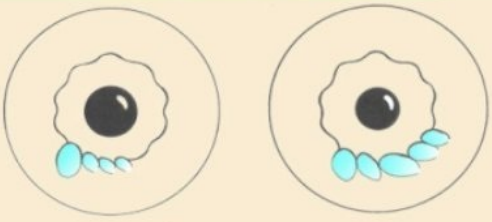


Left iris



Adrenal glands

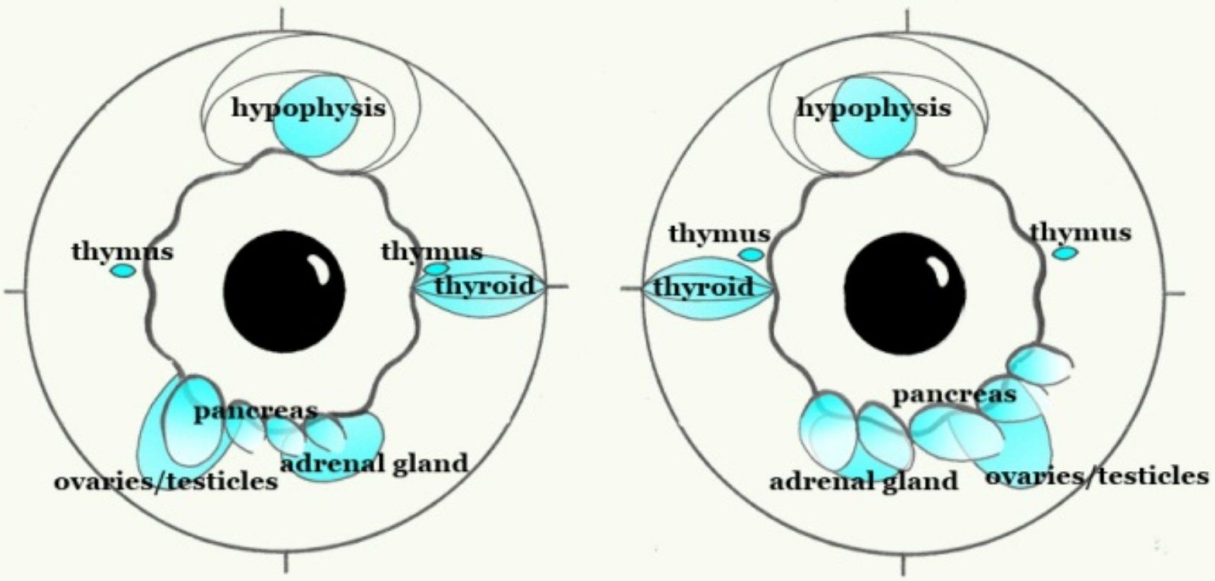
Right iris



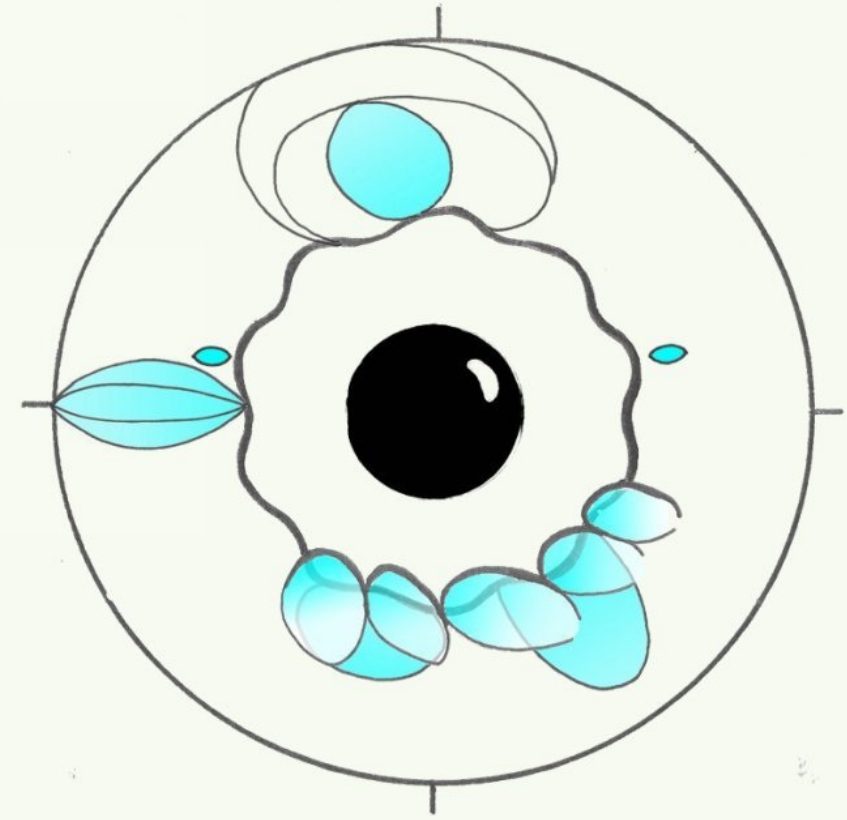
Pancreas

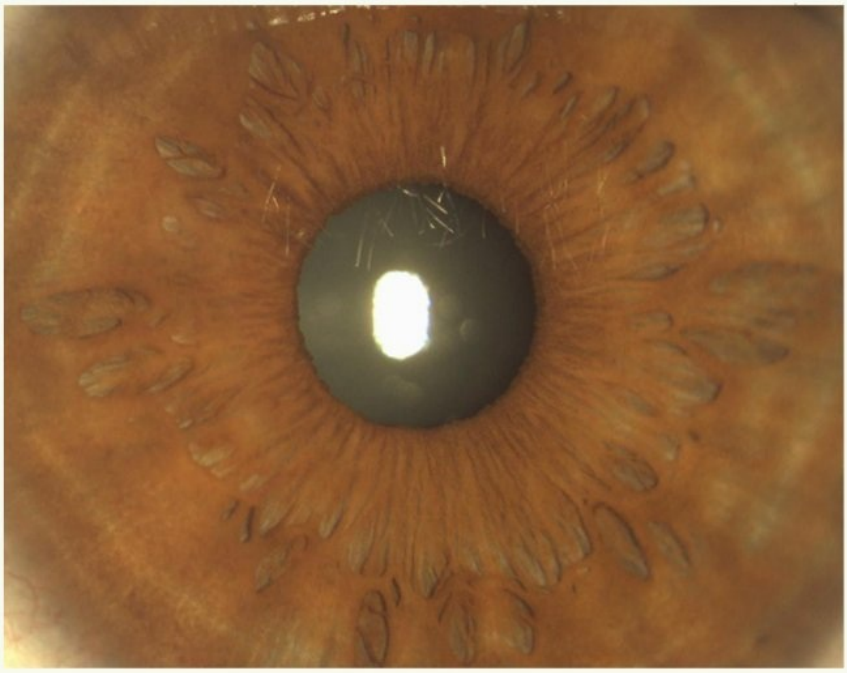
Left iris

Glandular ring

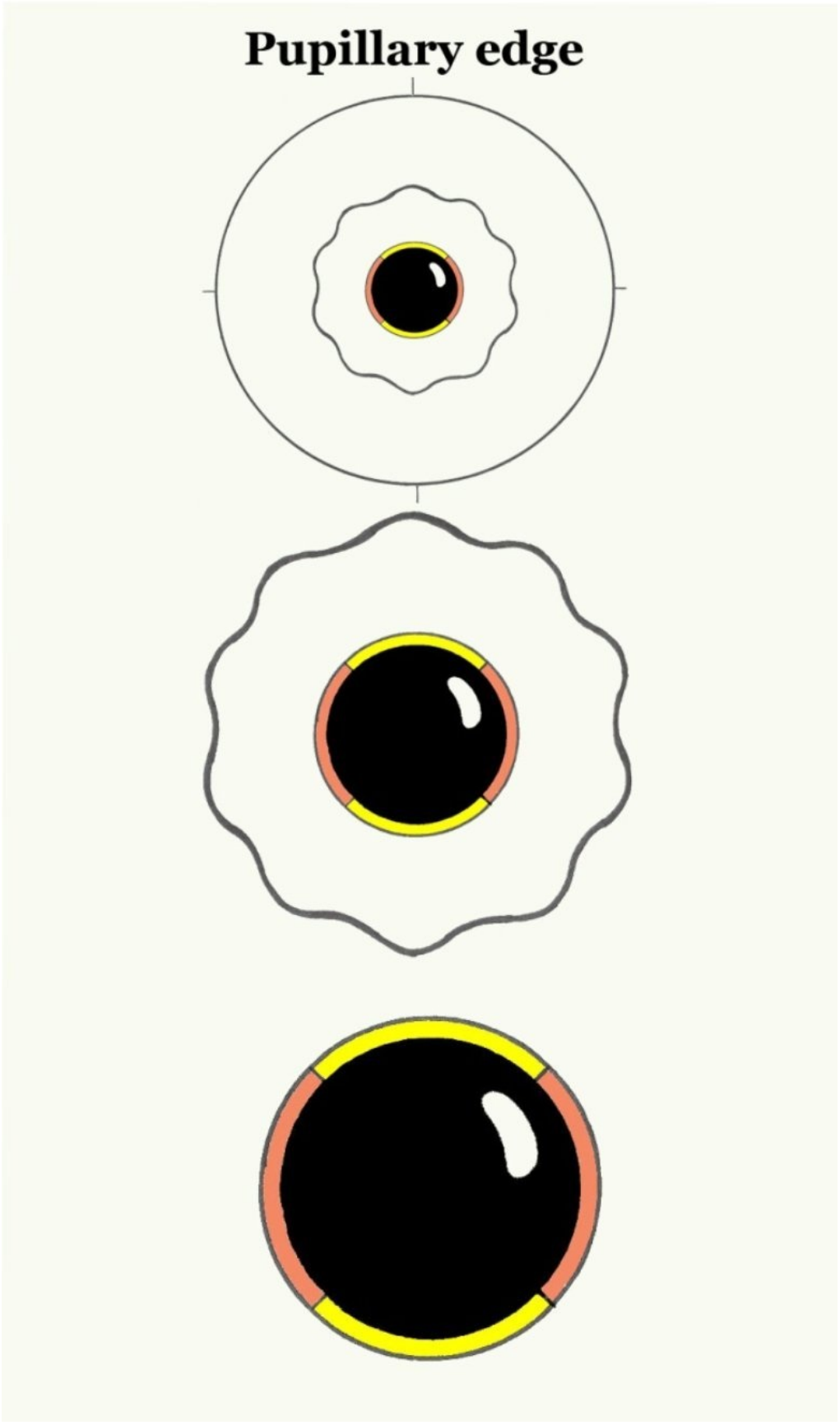


Right iris **Left iris**





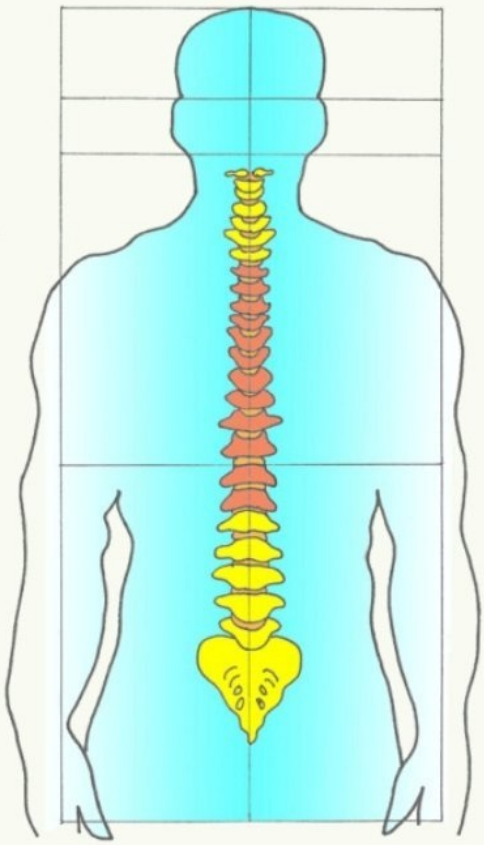
Left iris, glandular ring

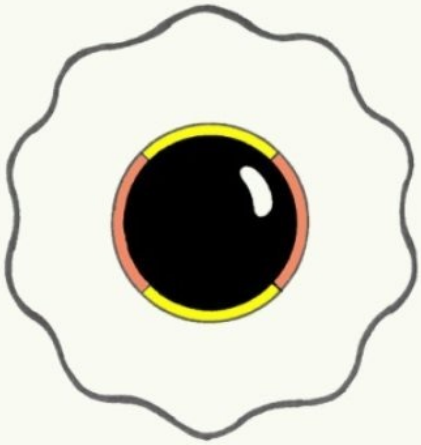

Pupillary edge

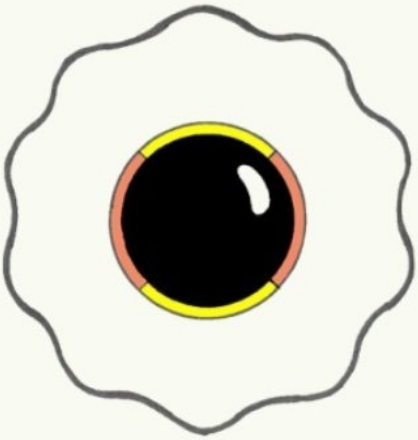
VERTEBRAL COLUMN

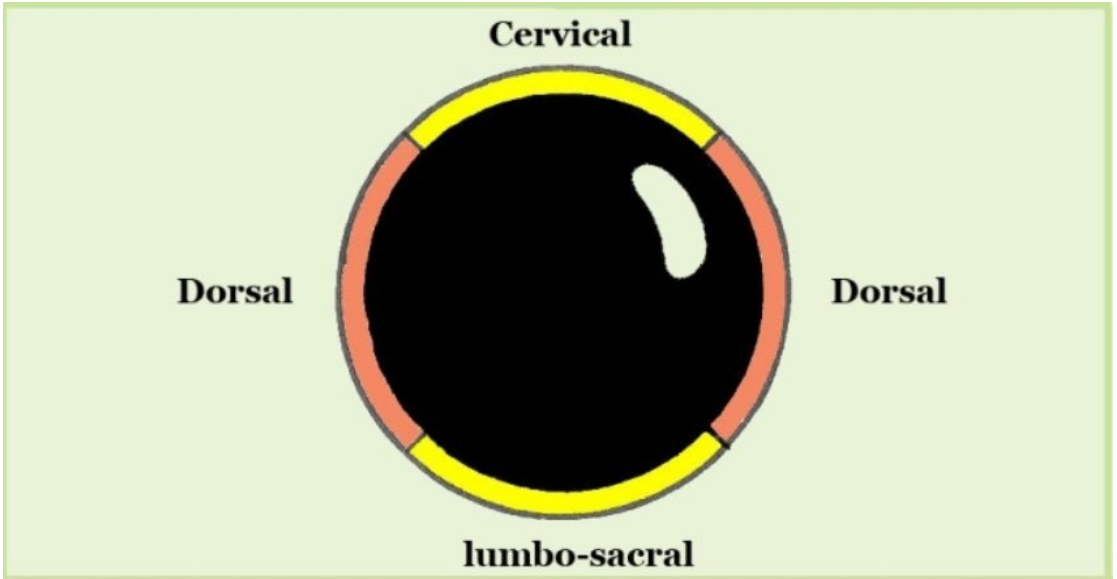
Starting from the top, it is constituted by 7 cervical vertebras, 12 dorsal vertebras, 5 lumbar vertebras, 5 sacral vertebras and the coccyx. Inside the column (vertebral canal), there is the spinal medulla from and to which the nervous connections regulating the human body depart and arrive. The projections of the vertebral column in both irises develop along the pupillary edge. Pupillary edge flattening is often associated with pathologies of the vertebral column.

Vertebral column

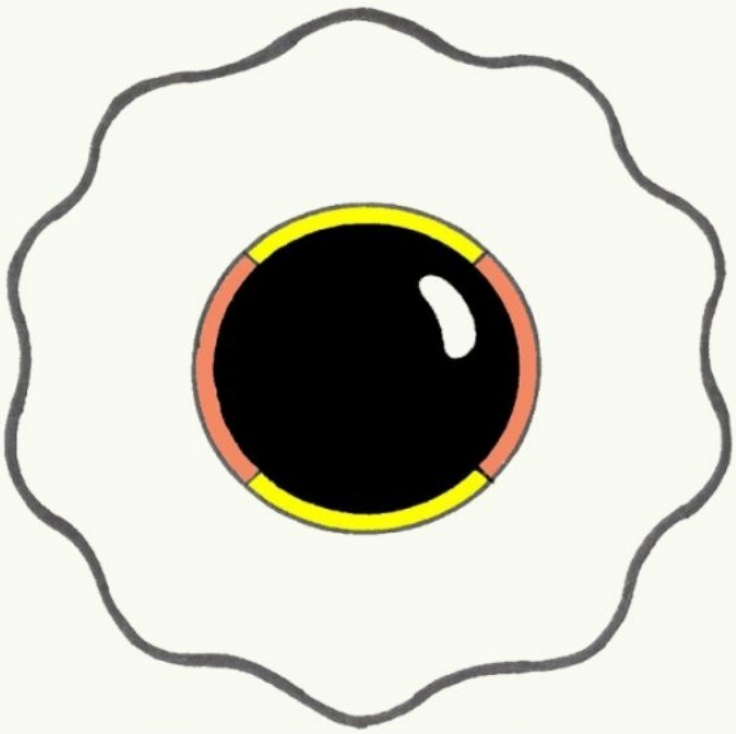


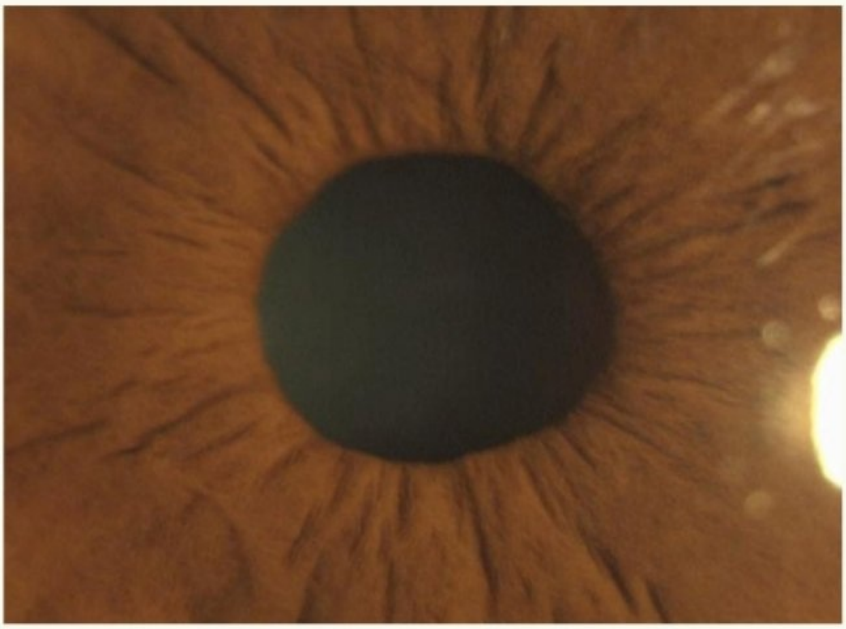






Cervical vertebras	**10:00-02:00 o'clock**
Dorsal vertebras	**02:00-04:00 o'clock** **and** **08:00-10:00 o'clock**
Lumbo-sacral vertebras	**04:00-08:00 o'clock**



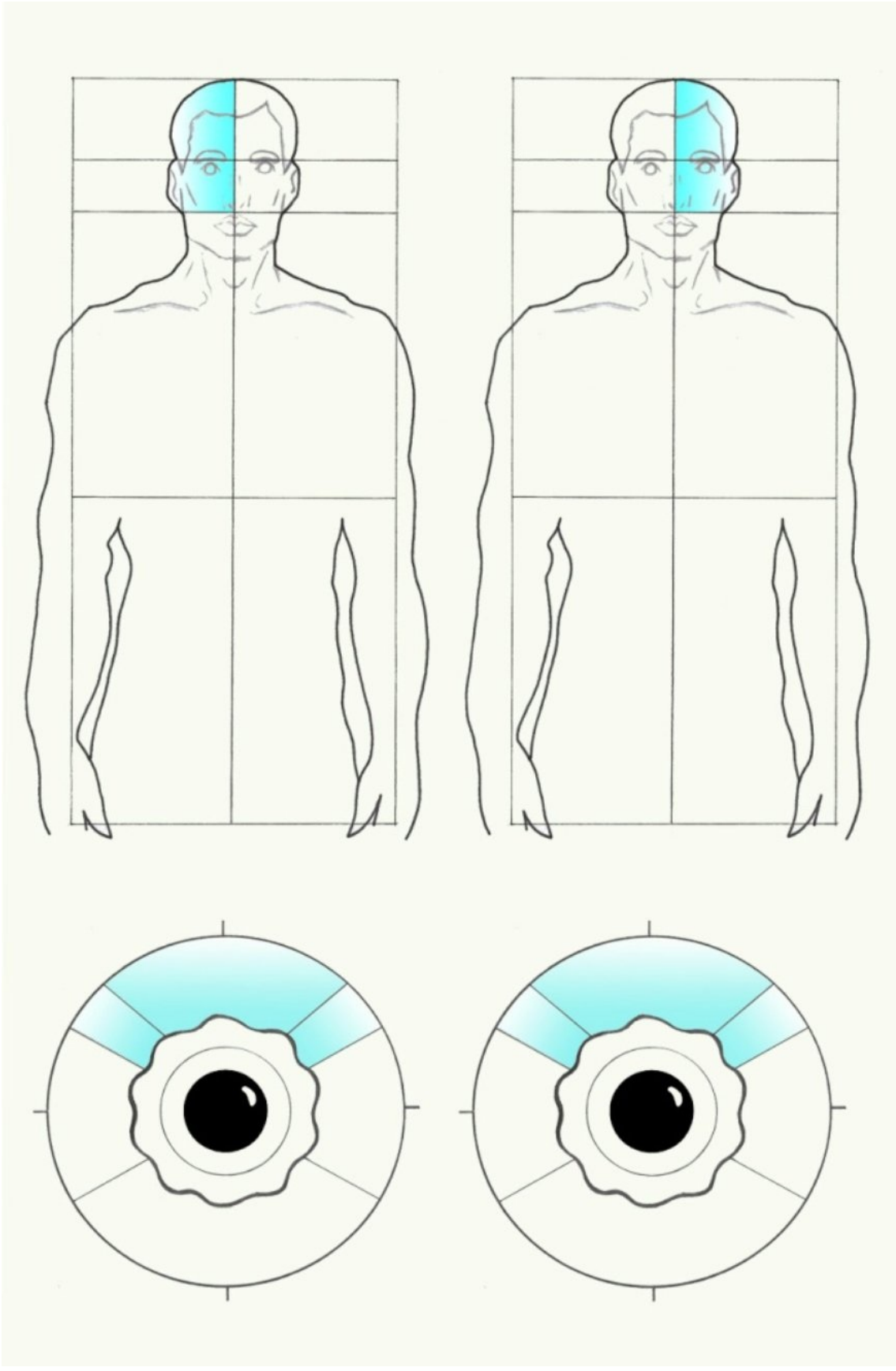


Pupillary edge flattening at 04-00-06:00 o'clock

OVERLAPPING

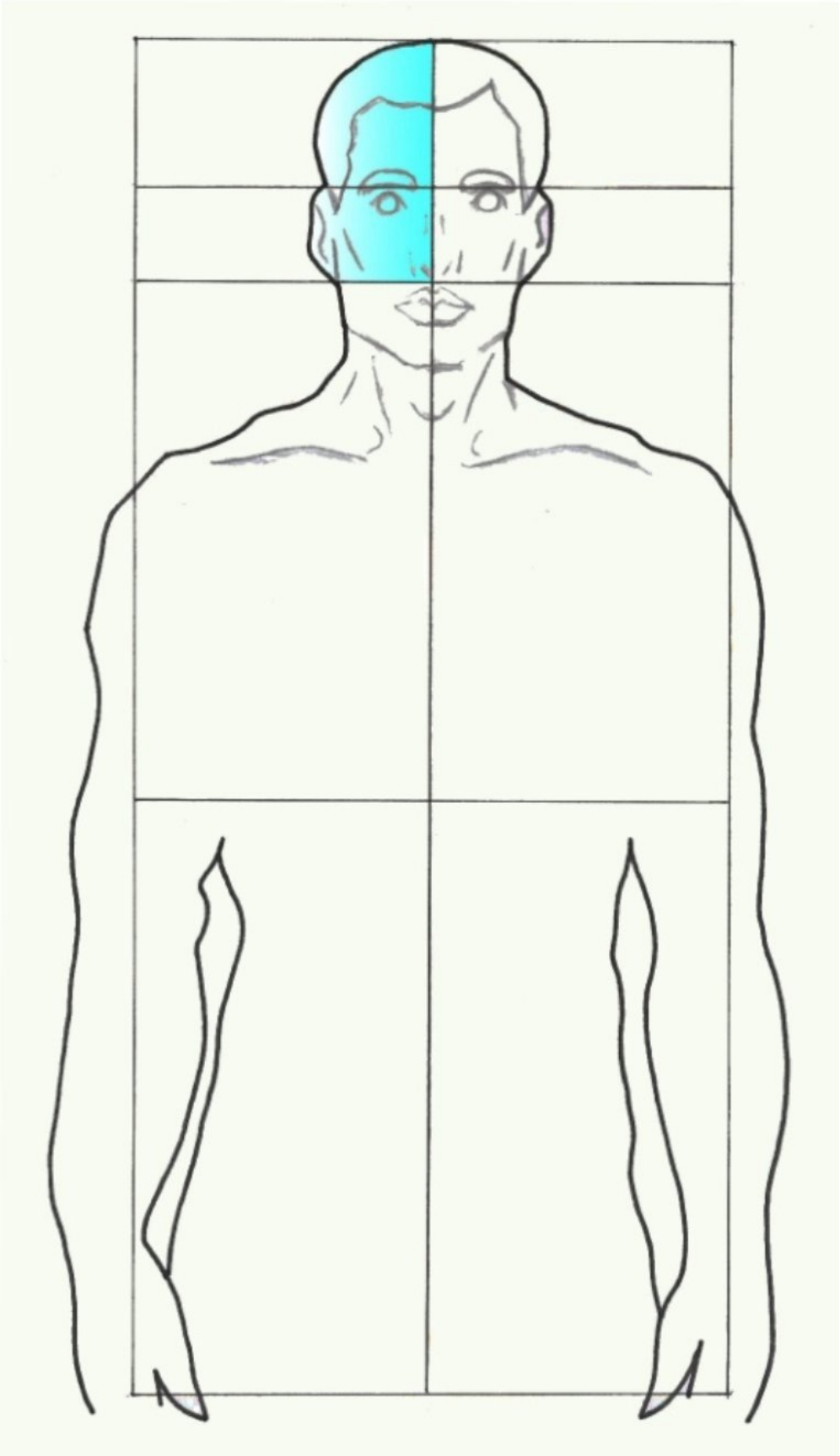
The projections of organs in the iris are represented in a one-dimensional area while the corresponding organs are tri-dimensional and close to each other.
As a consequence of the small dimensions of the irises, projections are concentrated in a very limited space. Inevitably, more organs share the same projection areas.
The analysis of overlappings enables drawing a complete map of the iris. A fluid mosaic rather than a frozen framework.

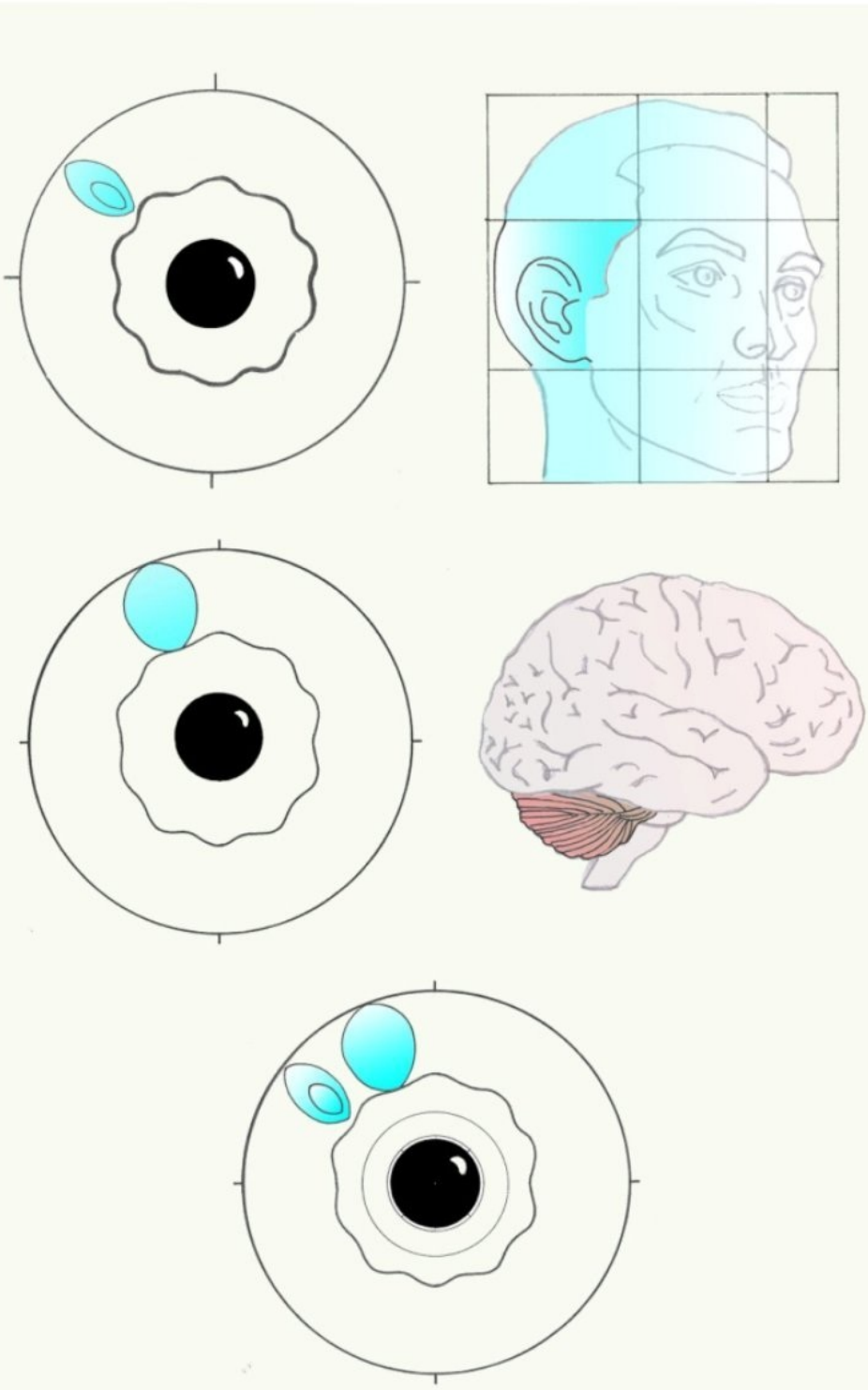
FRONTAL SECTORS OVERLAPPING



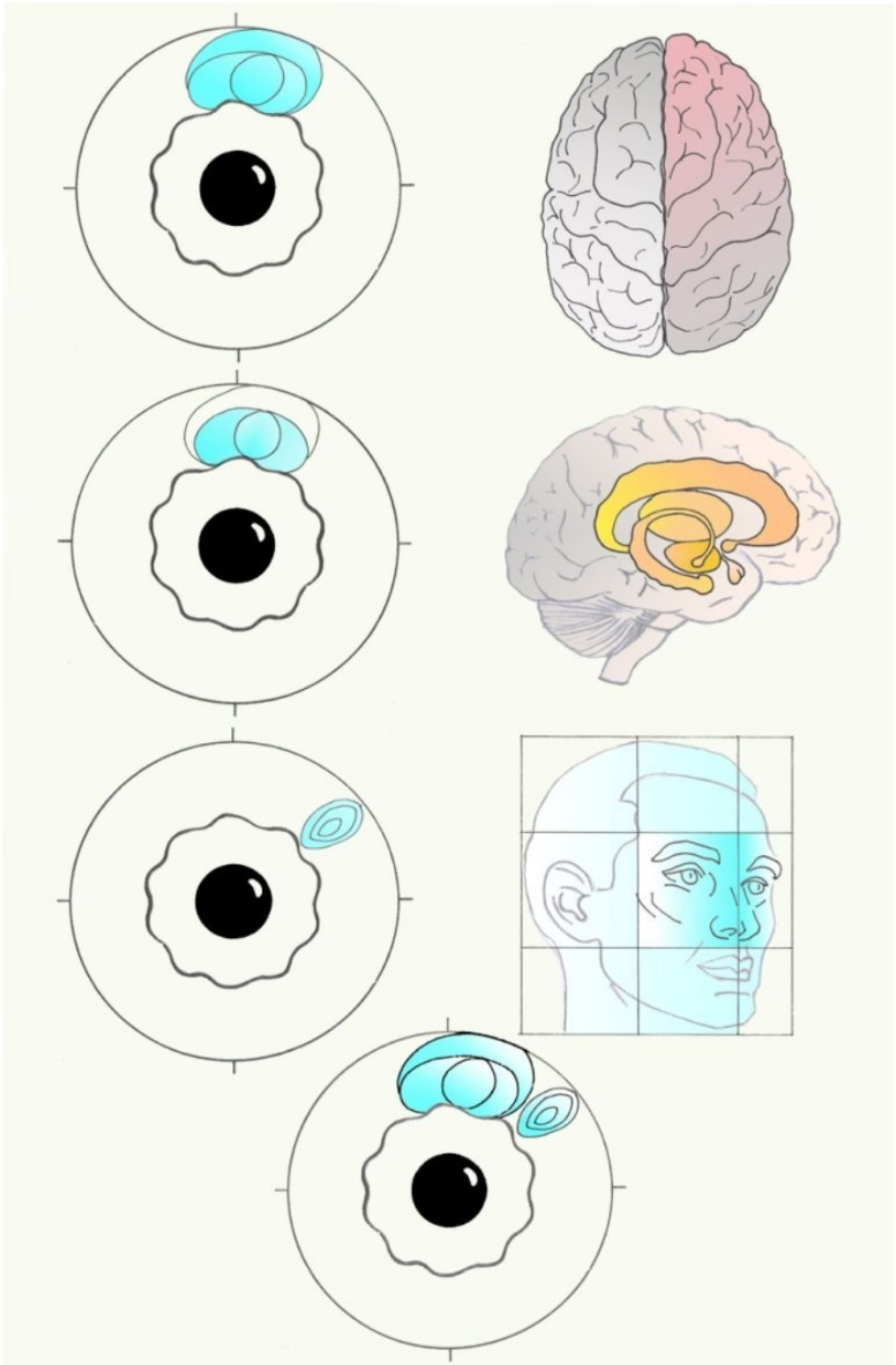
FRONTAL SECTOR OVERLAPPING

(right iris)

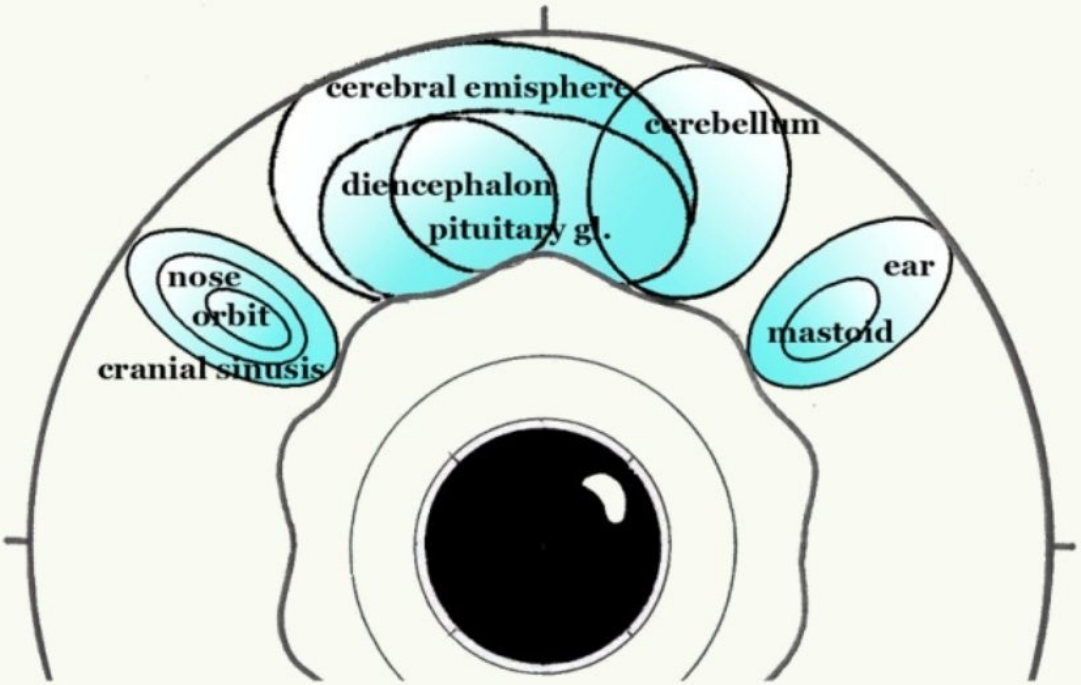




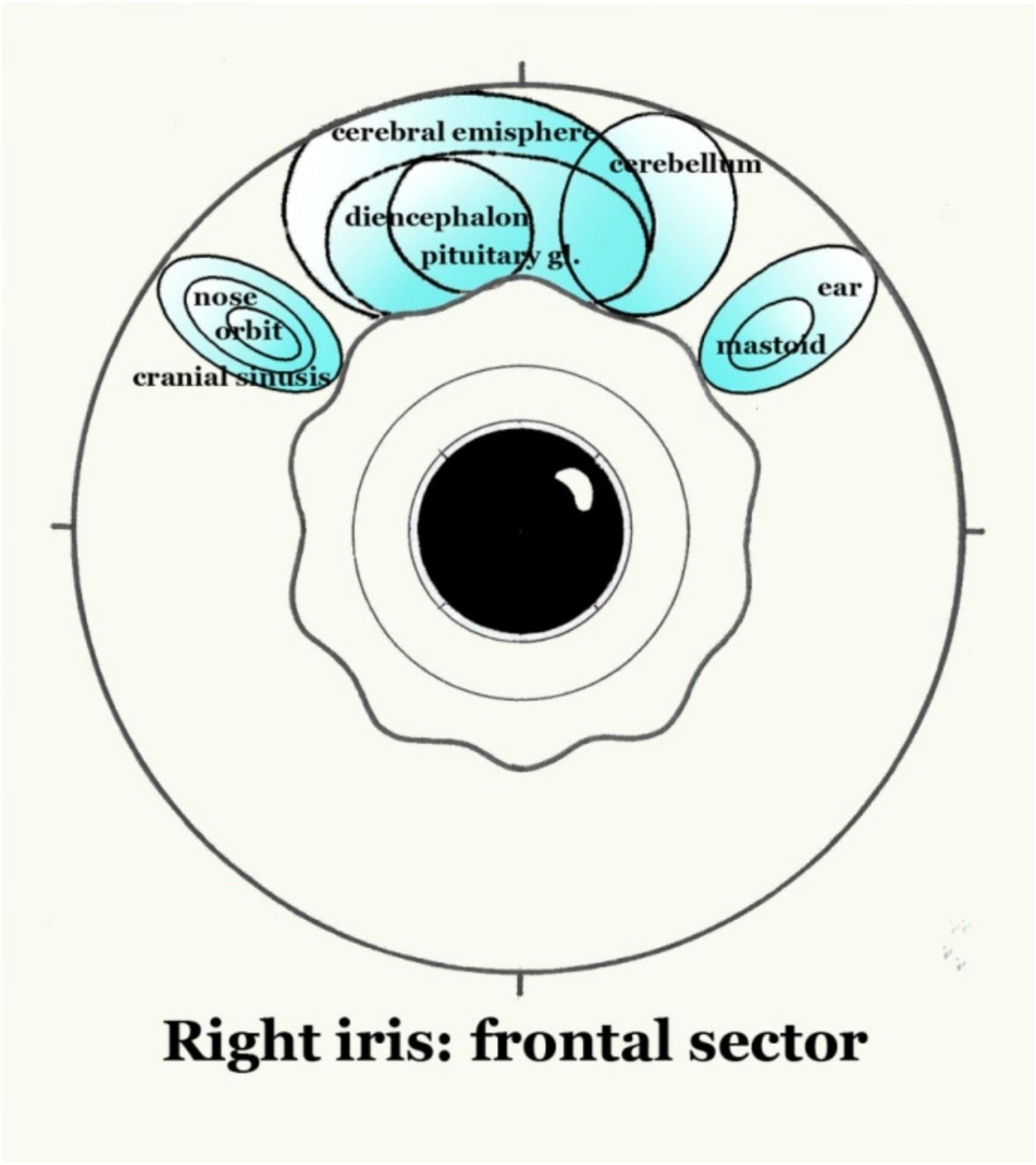
Right iris: ear, mastoid, cerebellum projections



Right iris:
encephalon-diencephalon-orbit-nose
projections

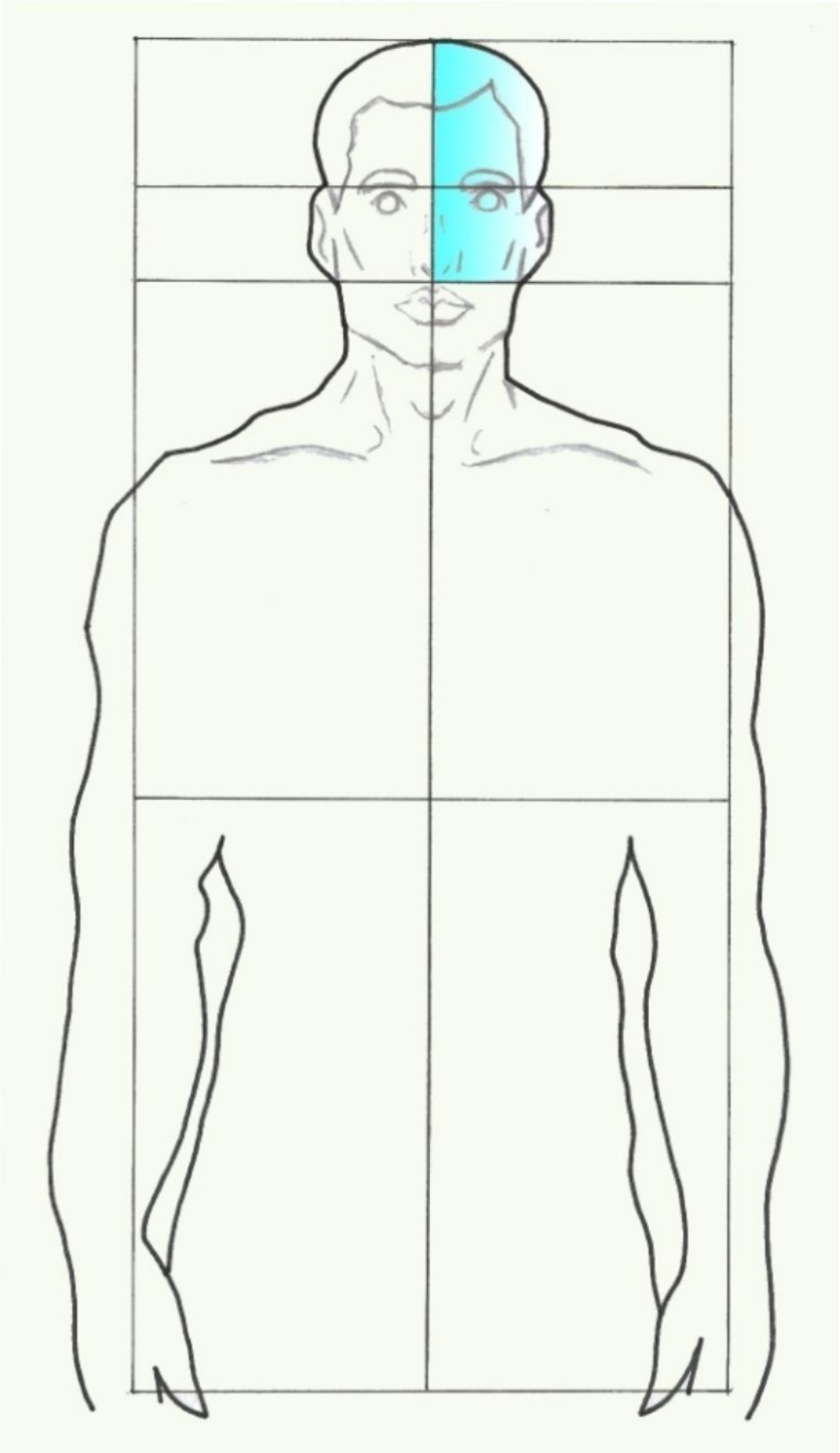


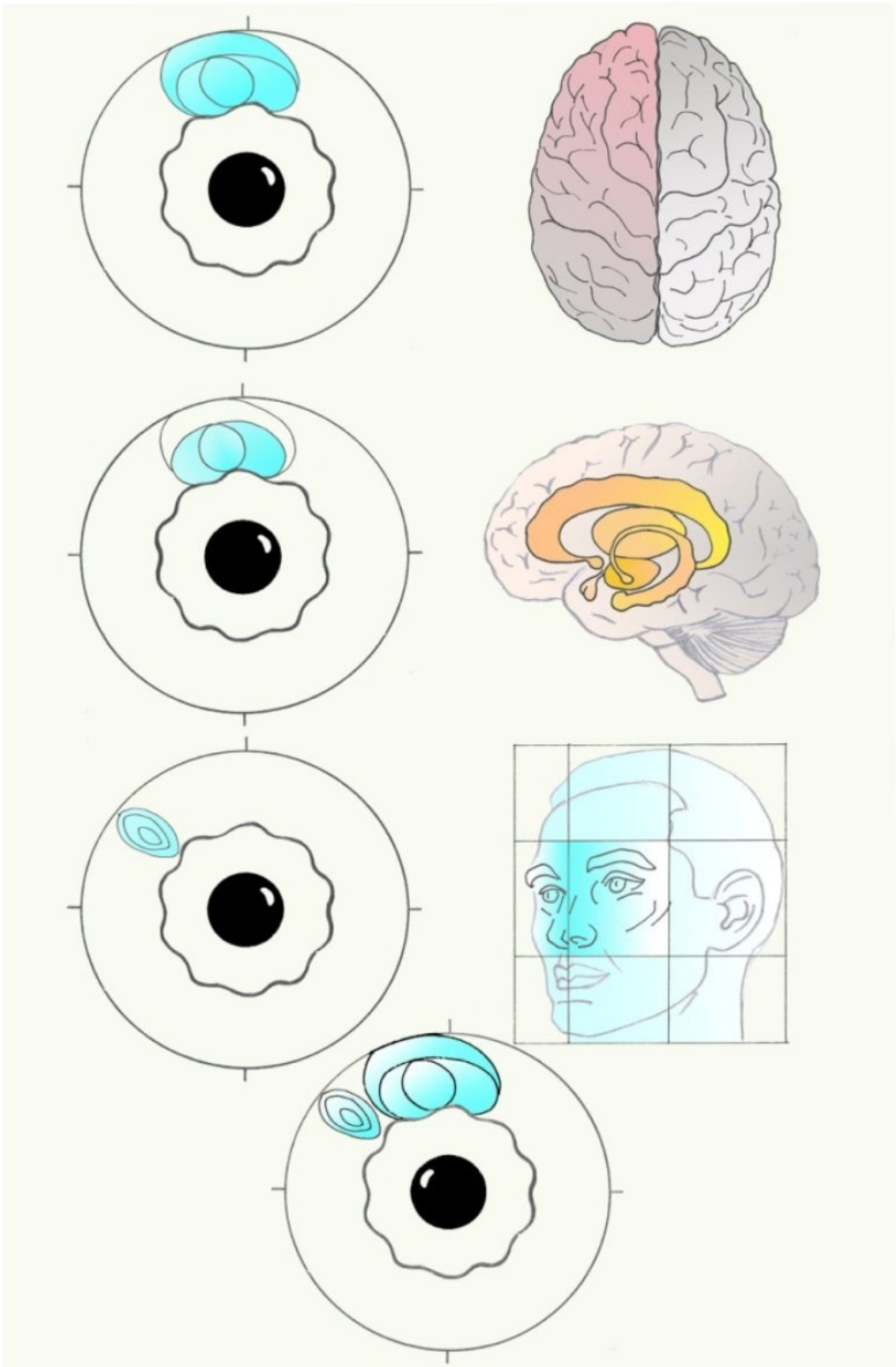
Right iris: frontal sector		
Temporal side	**Median area**	**Nasal side**
ear mastoid	cerebellum cerebral emisphere diencephalon pituitary	orbit nose cranial sinuses



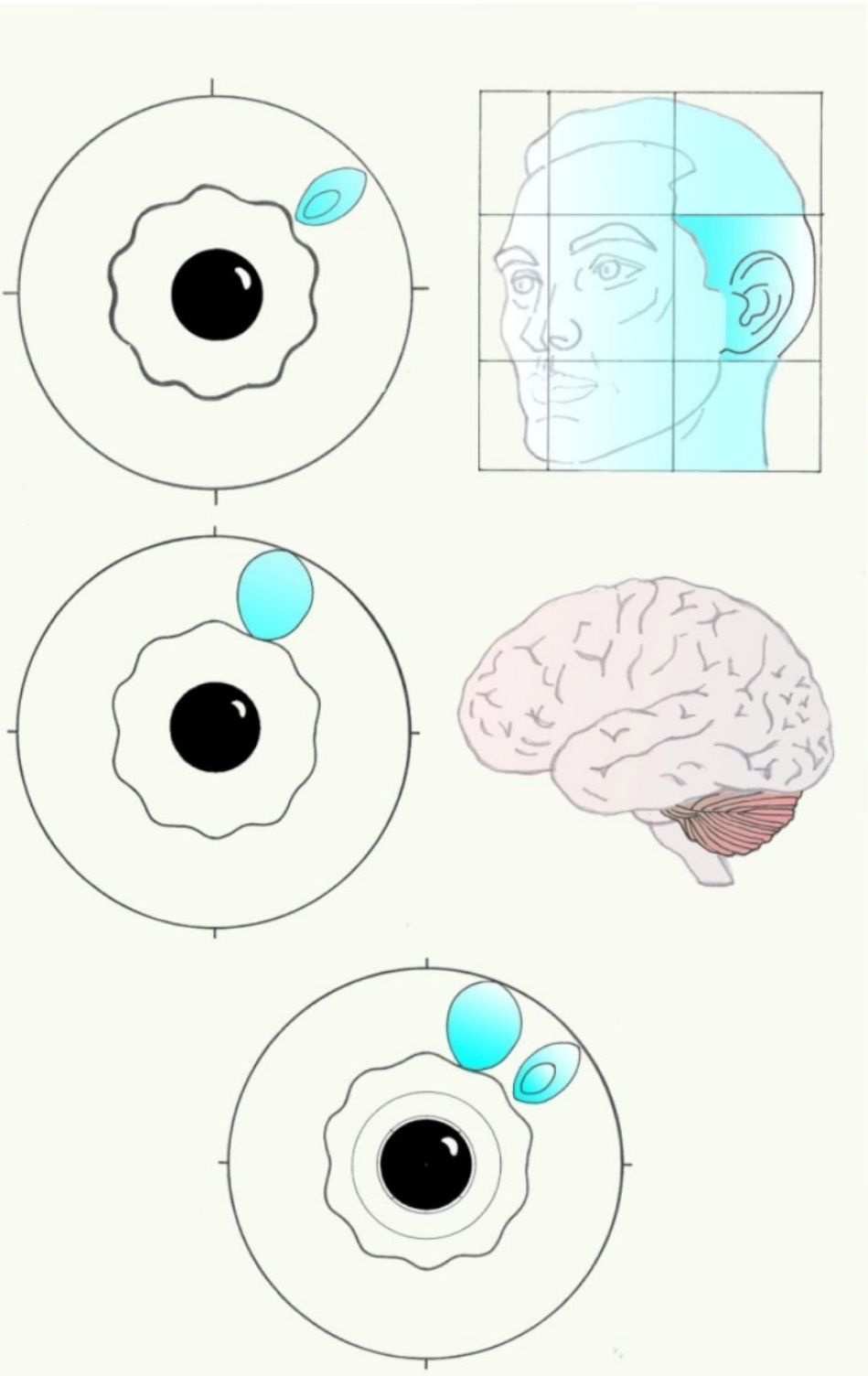
FRONTAL SECTOR OVERLAPPING

(left iris)

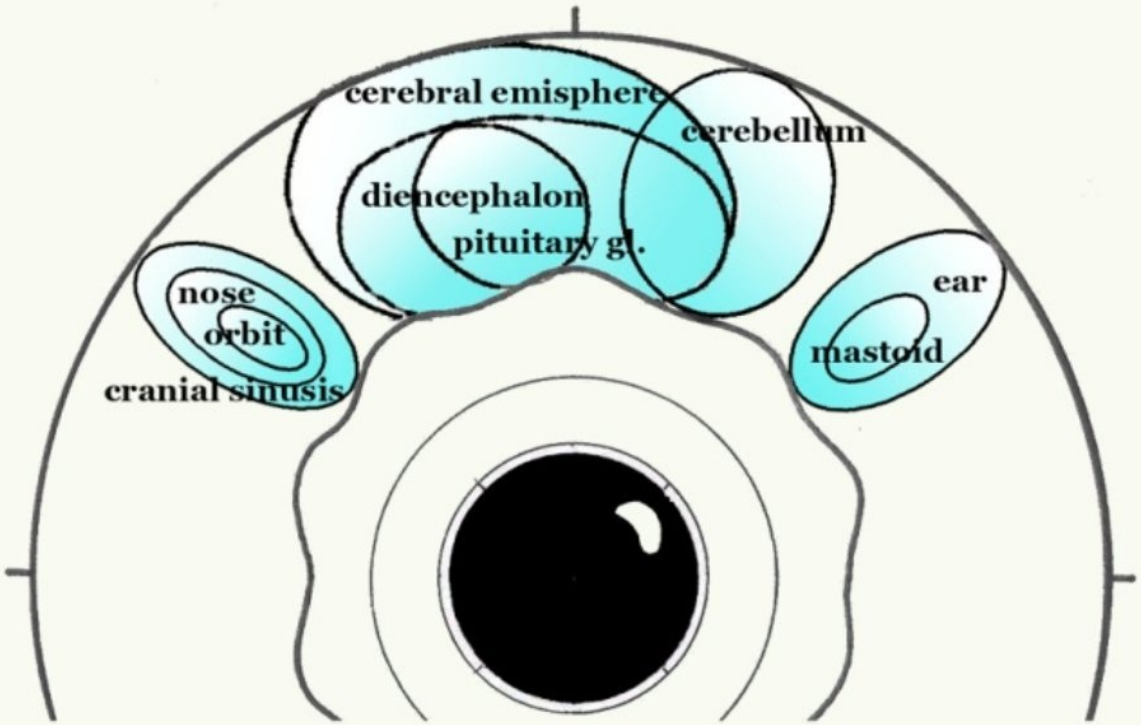




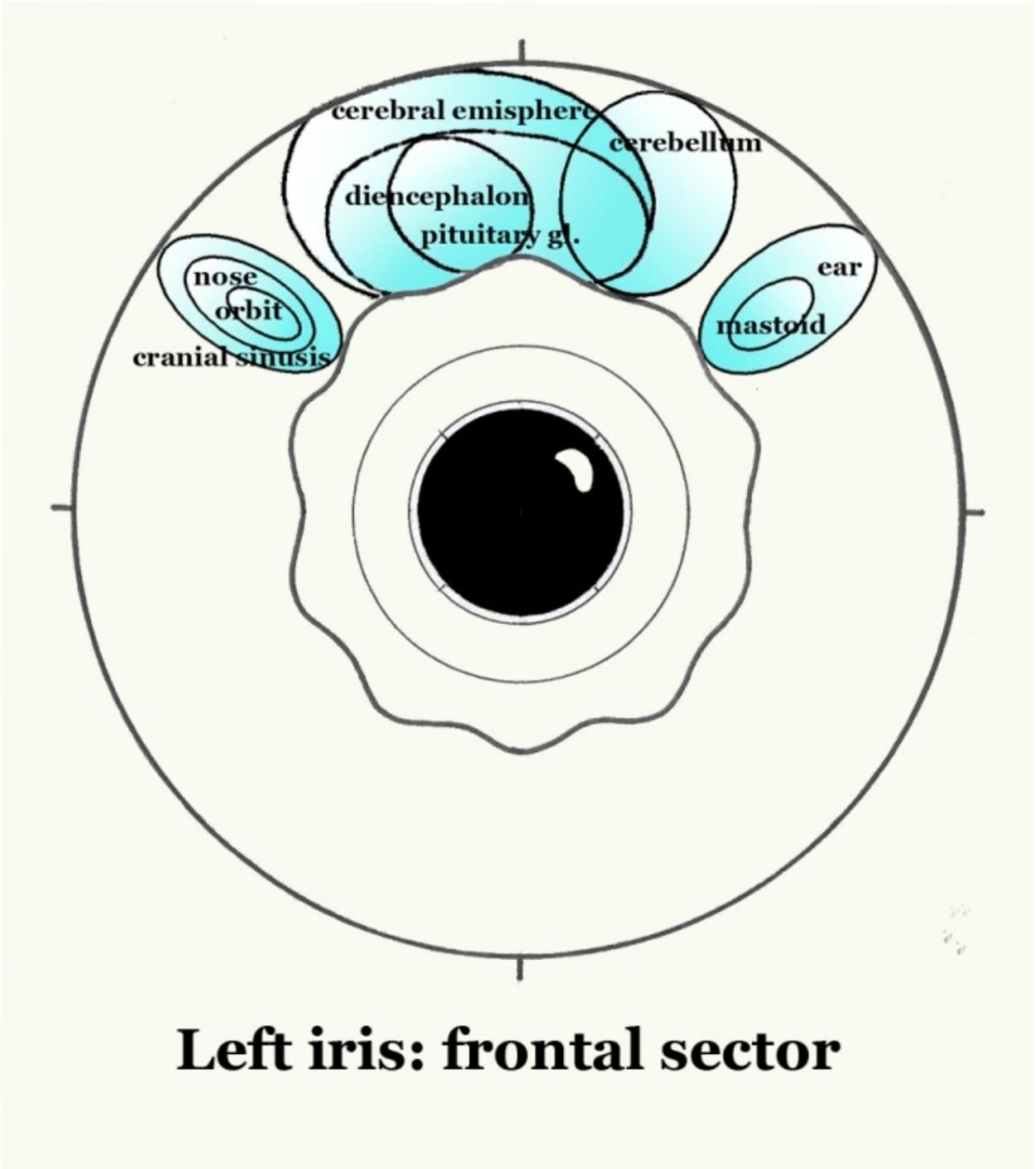
Left iris:
encephalon-diencephalon-orbit-nose
projections



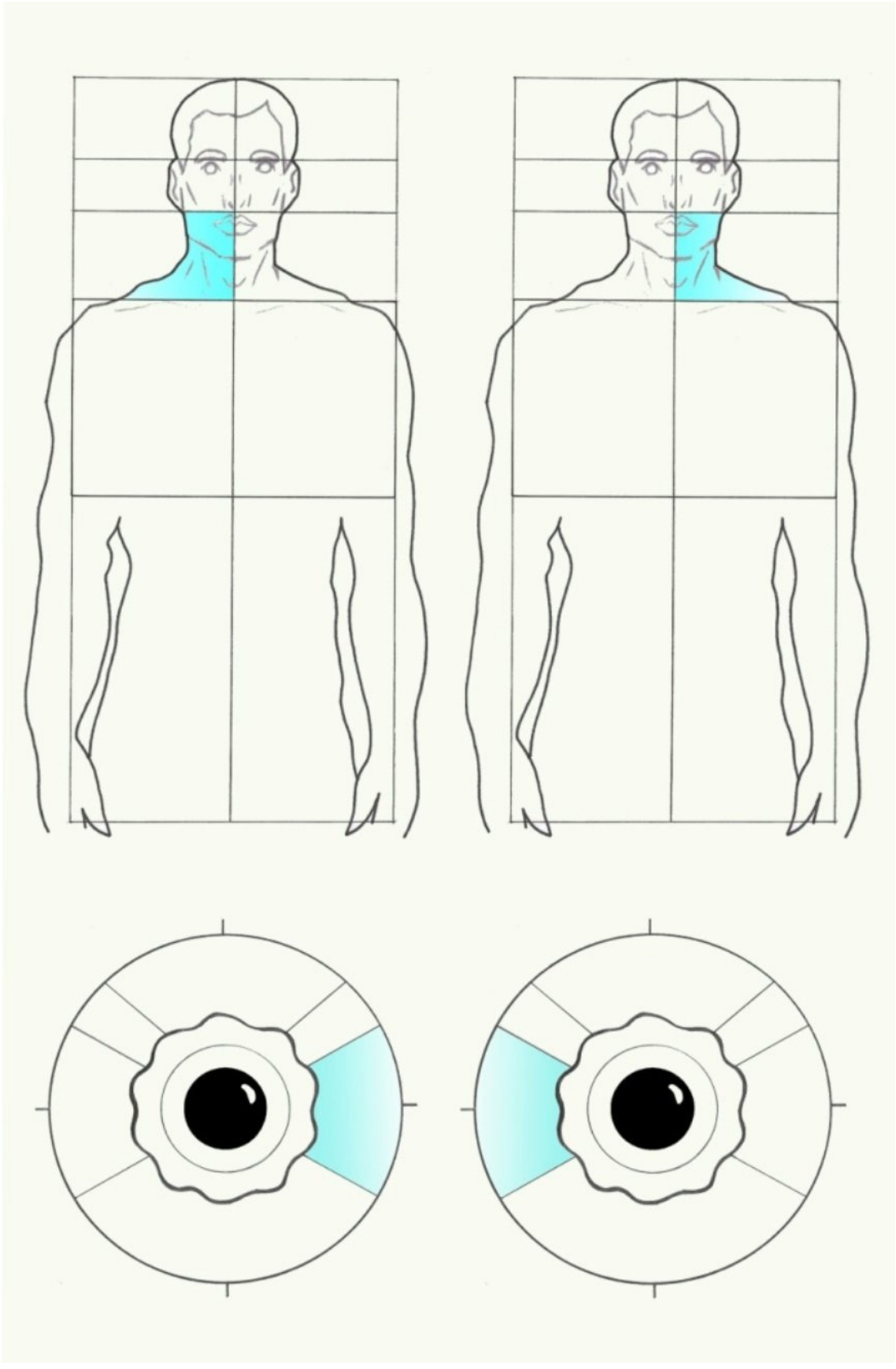
Left iris: ear, mastoid, cerebellum projections



Left iris: frontal sector		
Nasal side	**Median area**	**Temporal side**
orbit nose cranial sinuses	cerebellum cerebral emisphere diencephalon pituitary	ear mastoid



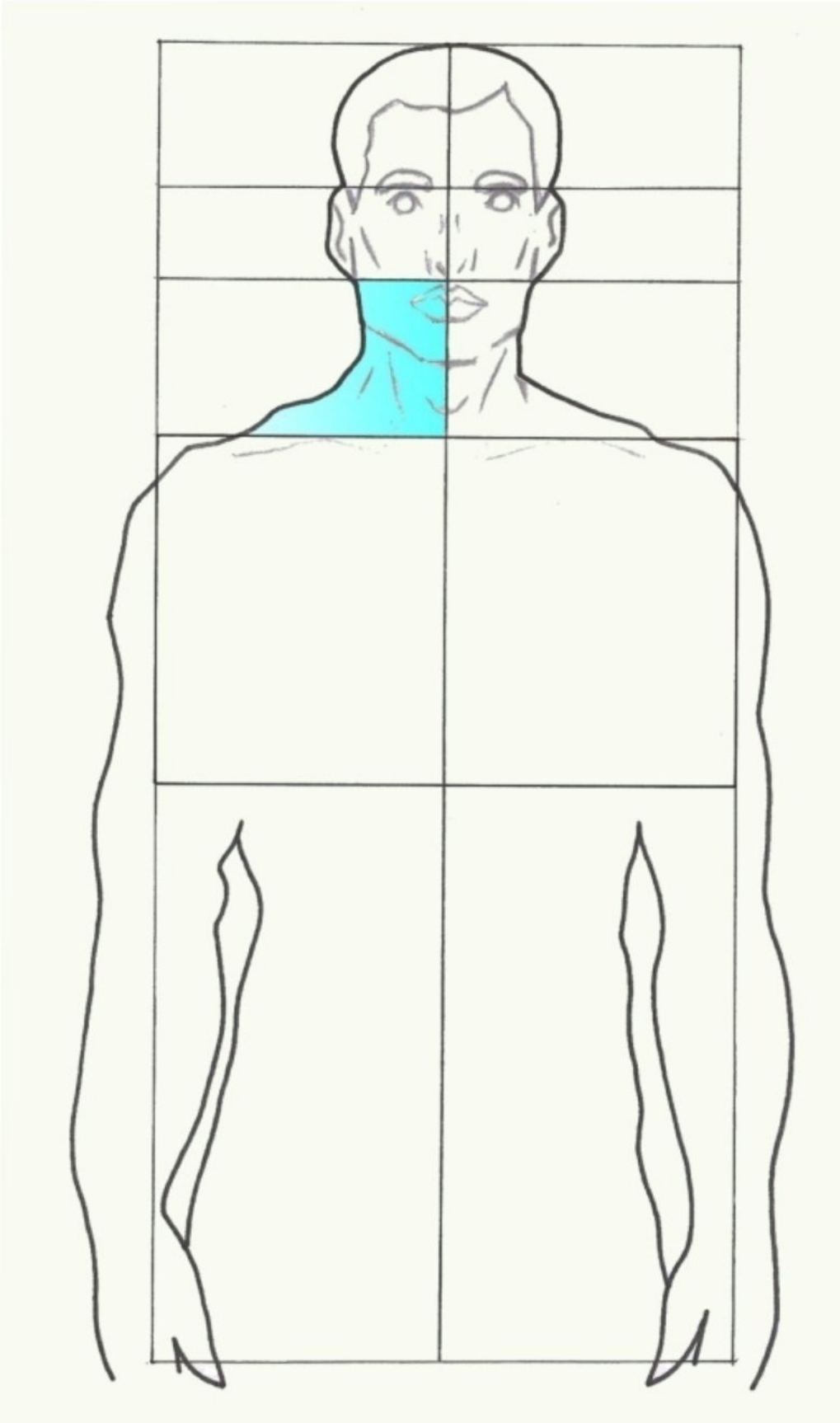
NASAL SECTORS OVERLAPPING

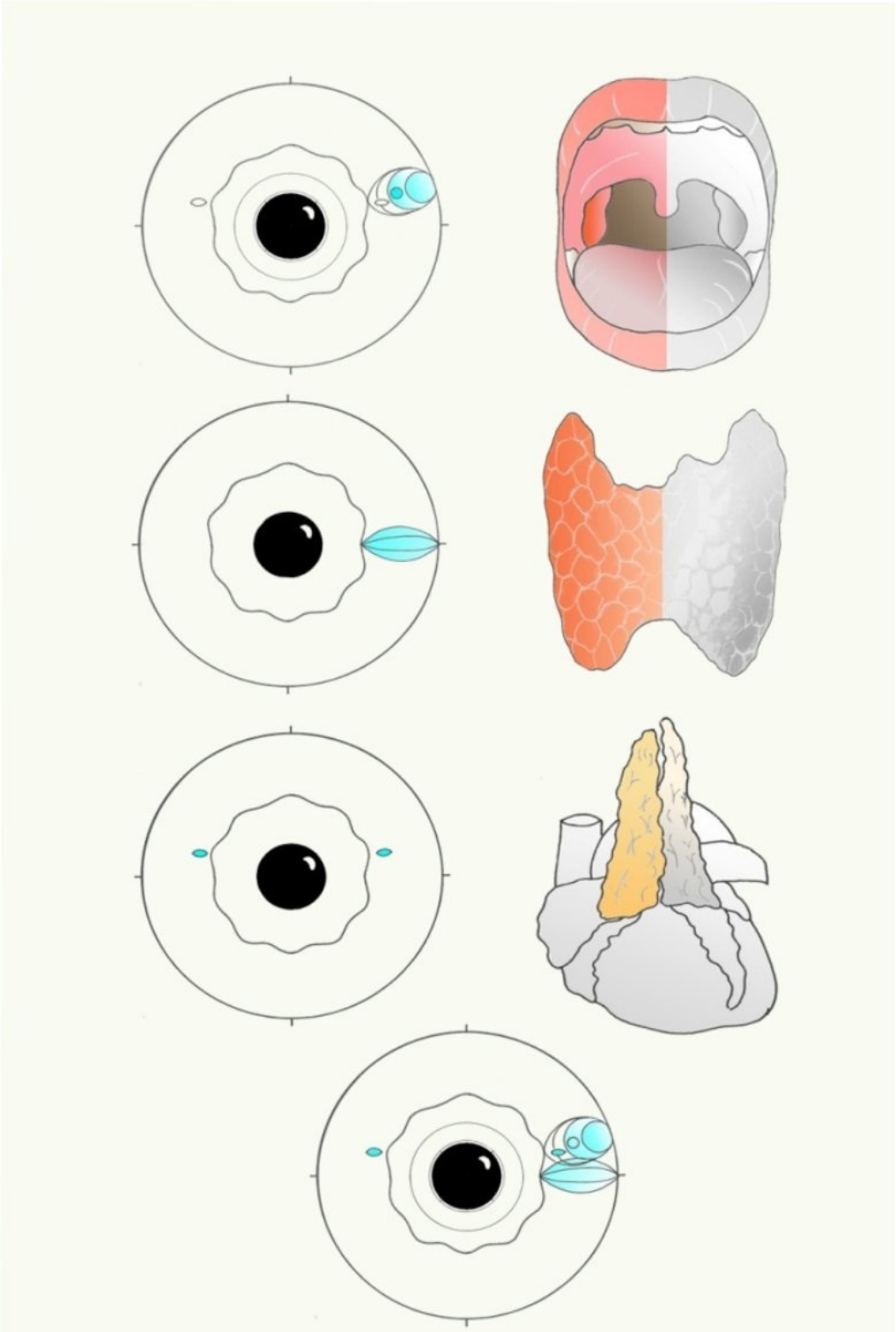


NASAL SECTORS OVERLAPPING

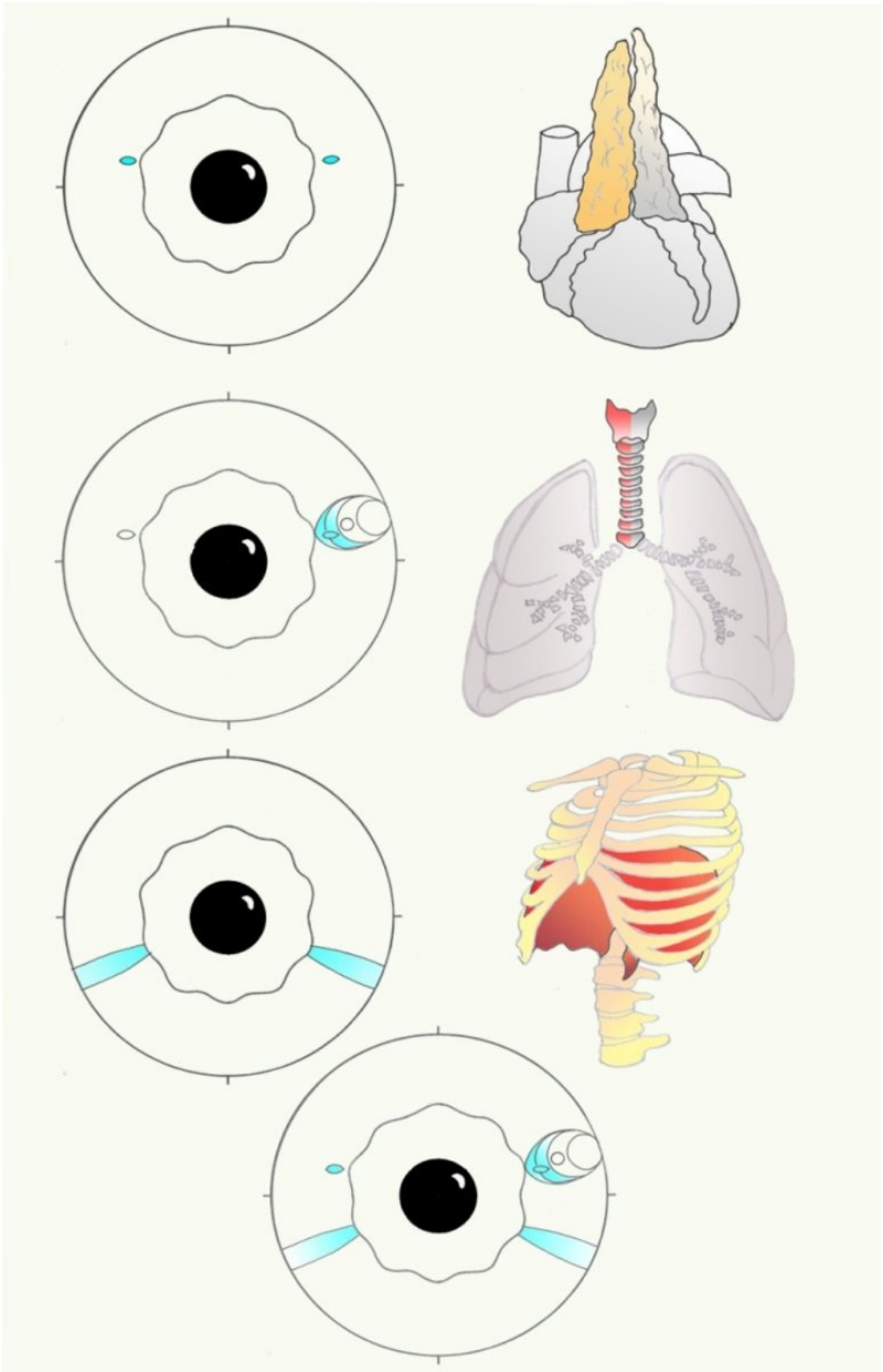
(right iris)

The right nasal sector collects the projections of the oral cavity, tonsil, pharynx, trachea, thymus, thyroid, esophagus.

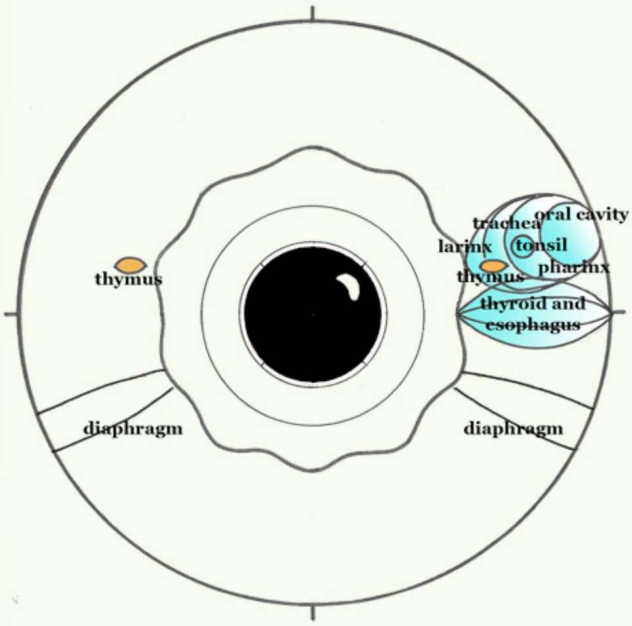




Right iris map: right half oral cavity, right thyroid lobe, thymus projections

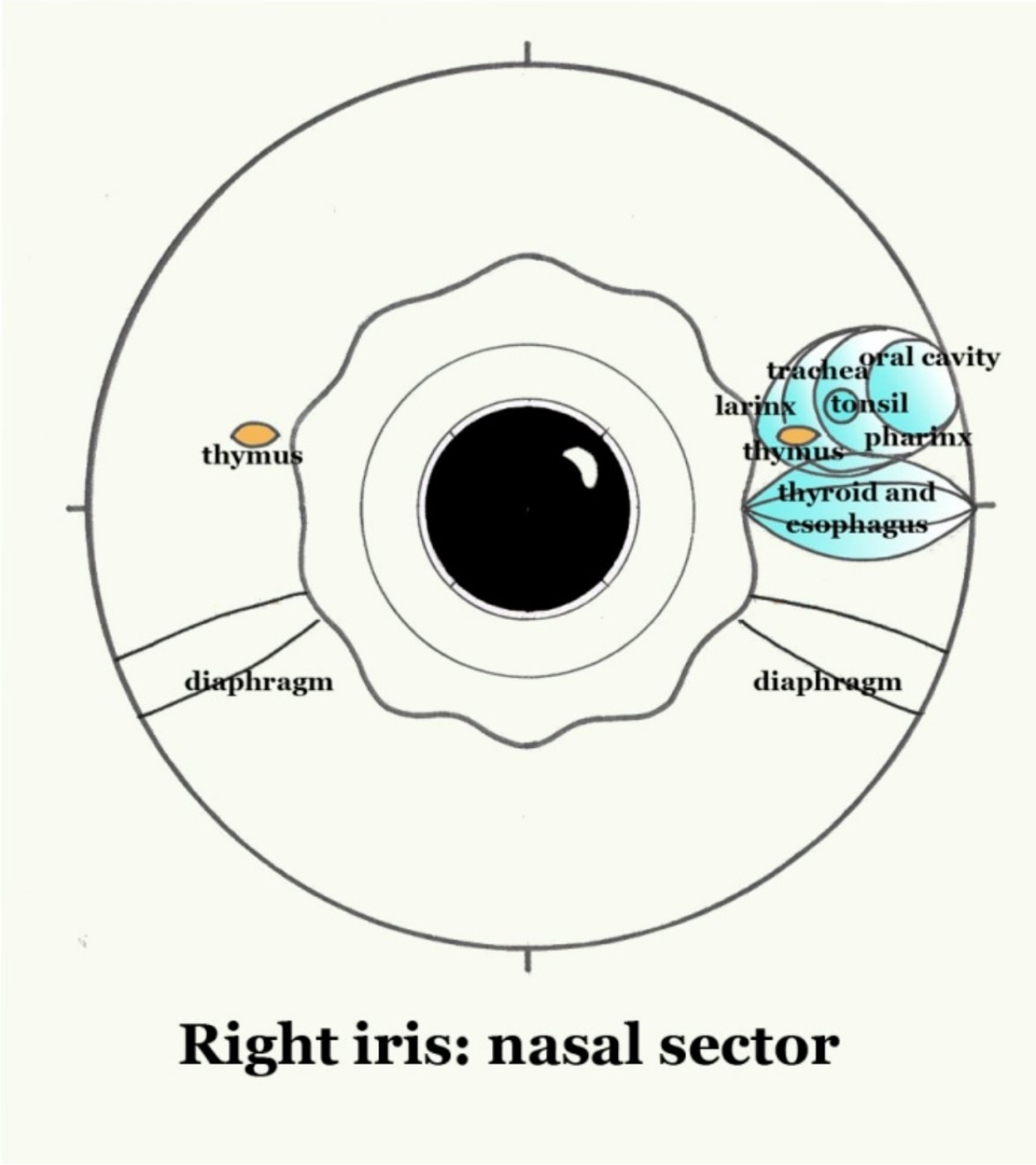


Right iris map: thymus-trachea-larinx-diaphragm projections



Right iris: nasal sector

right half oral cavity
right half pharynx
right tonsil
thymus
trachea
larinx
esophagus
right thyroid gland lobe
diaphragm

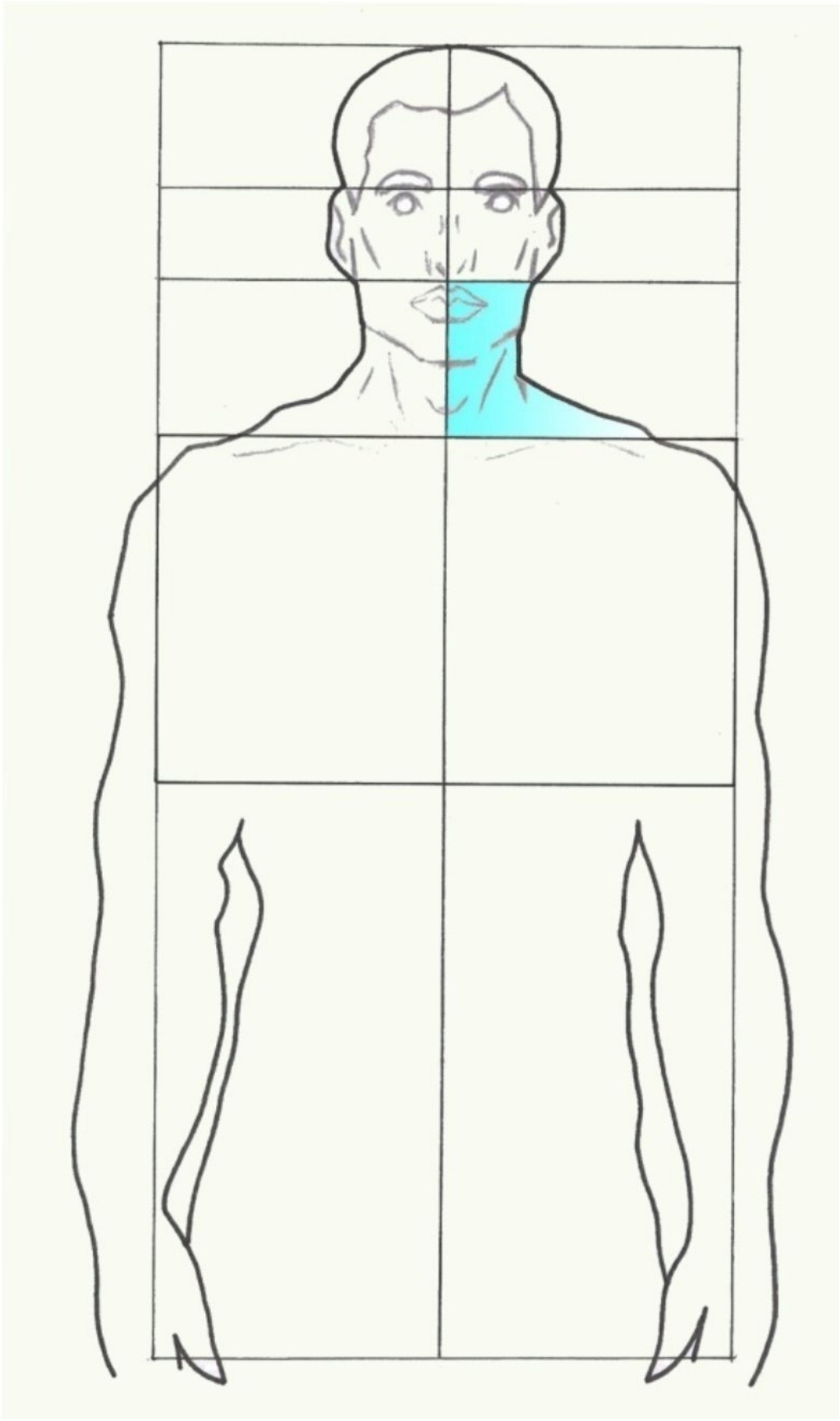


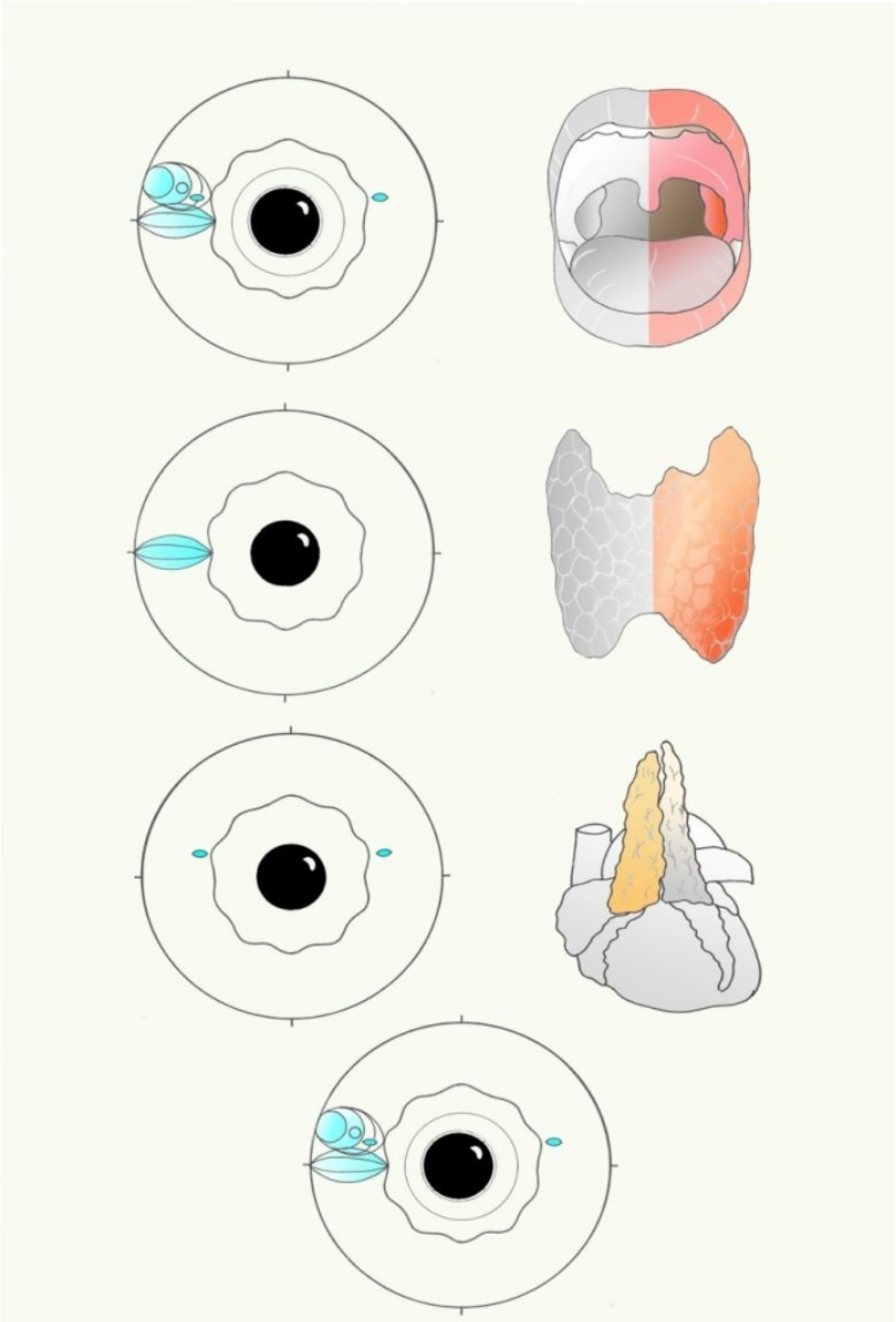
Right iris: nasal sector

NASAL SECTOR OVERLAPPING

(left iris)

As the left nasal sector mirrors the right one, it collects the projections of the oral cavity, tonsil, pharynx, trachea, thymus, thyroid, esophagus.

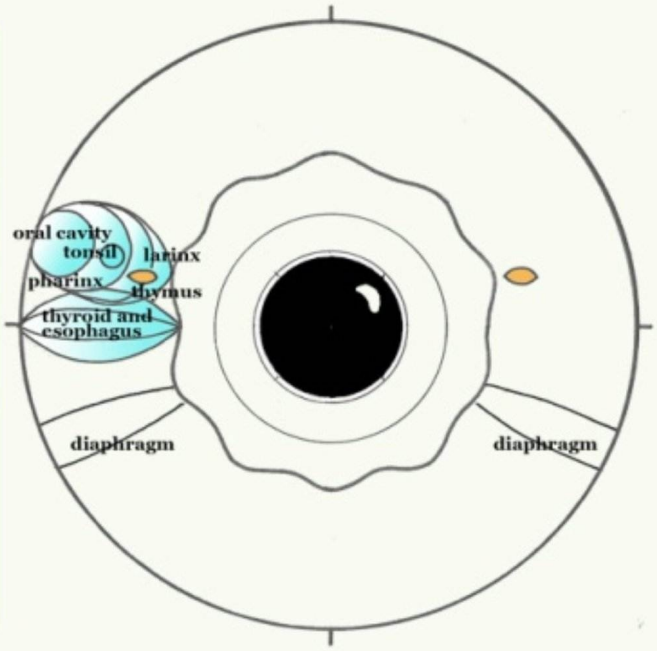


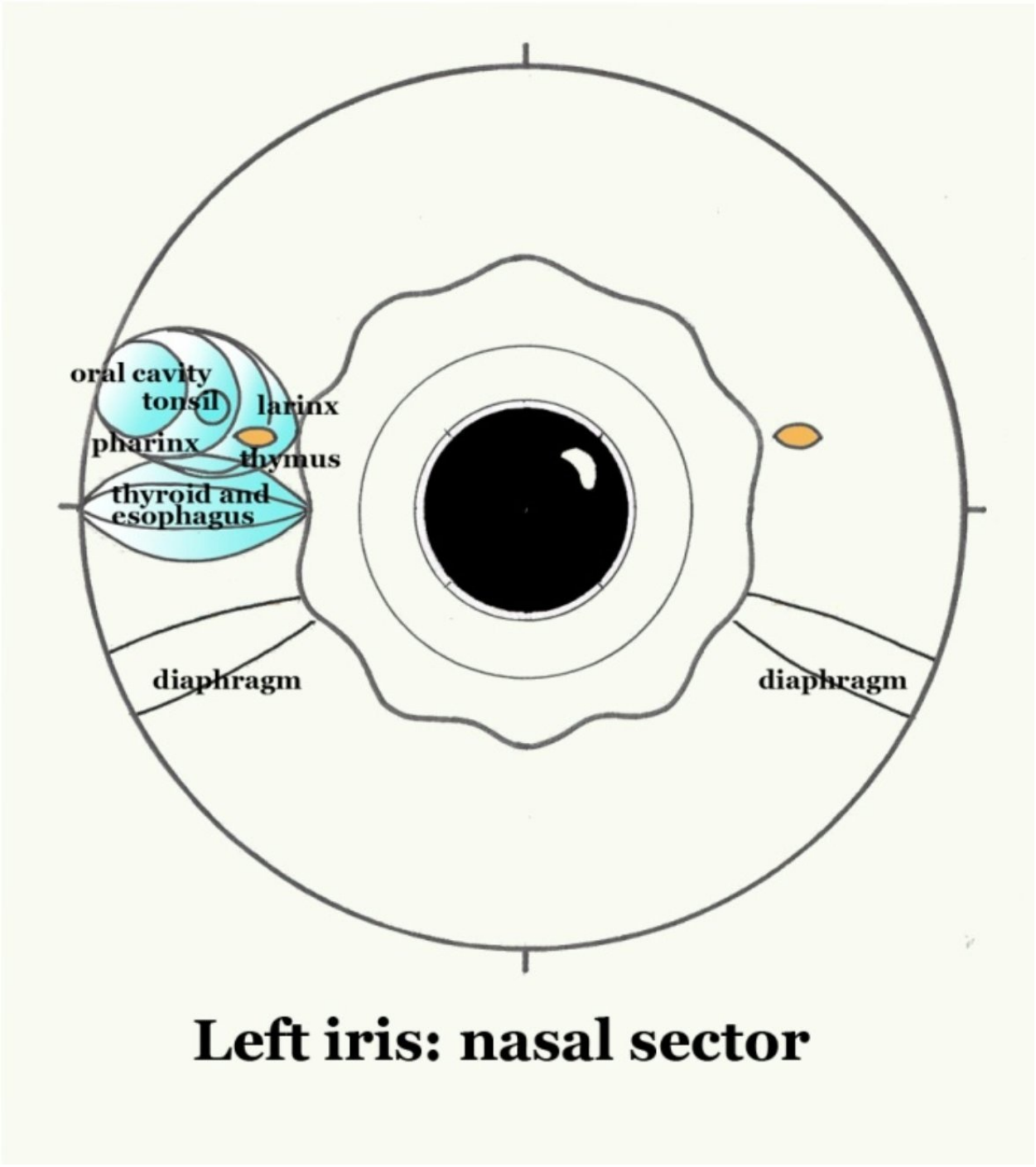


Left iris map: left half oral cavity, left thyroid lobe and thymus projections

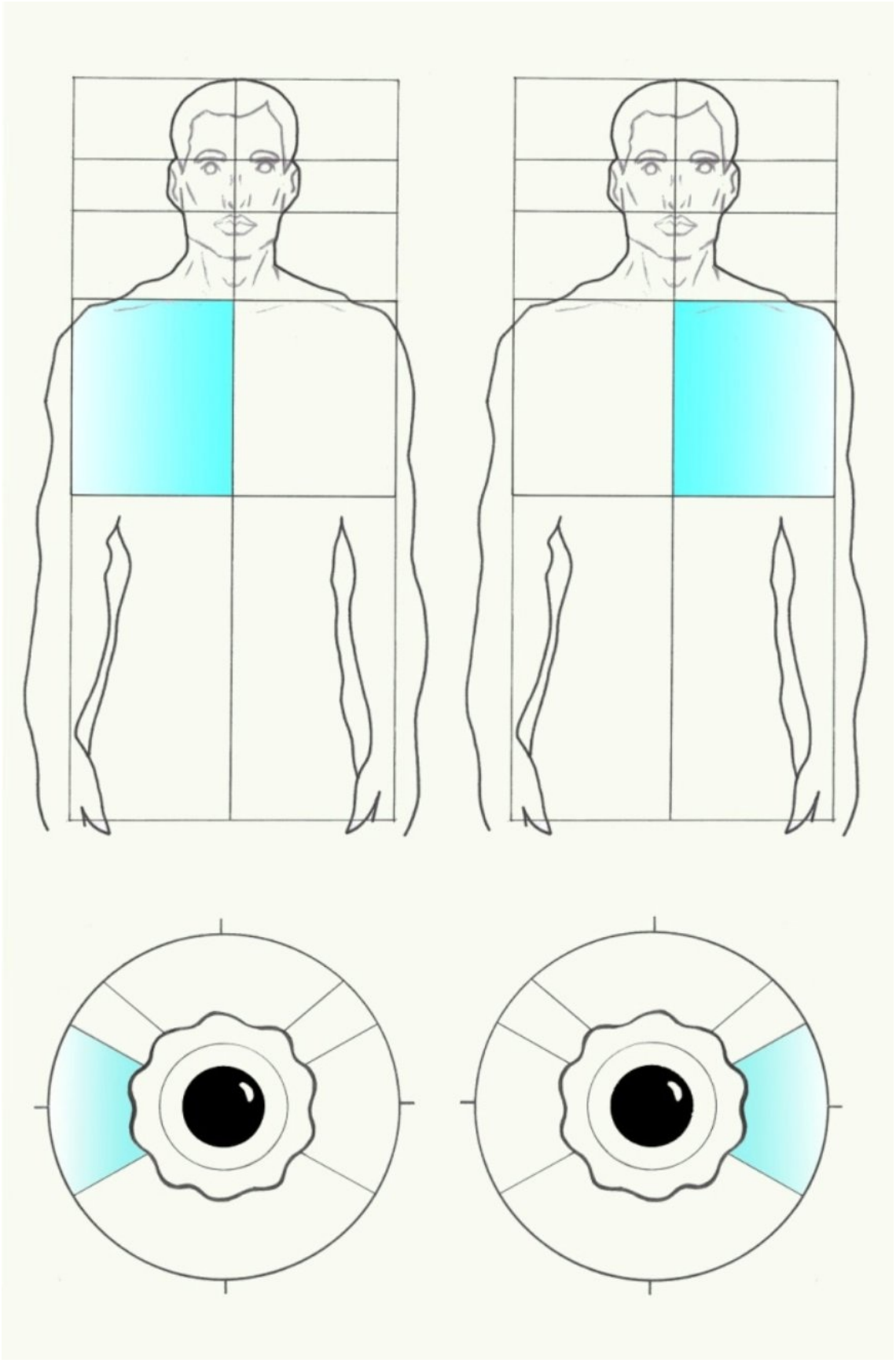
Left iris: nasal sector

left half oral cavity
left half pharynx
left tonsil
thymus
esophagus
left thyroid gland lobe
left diaphragm





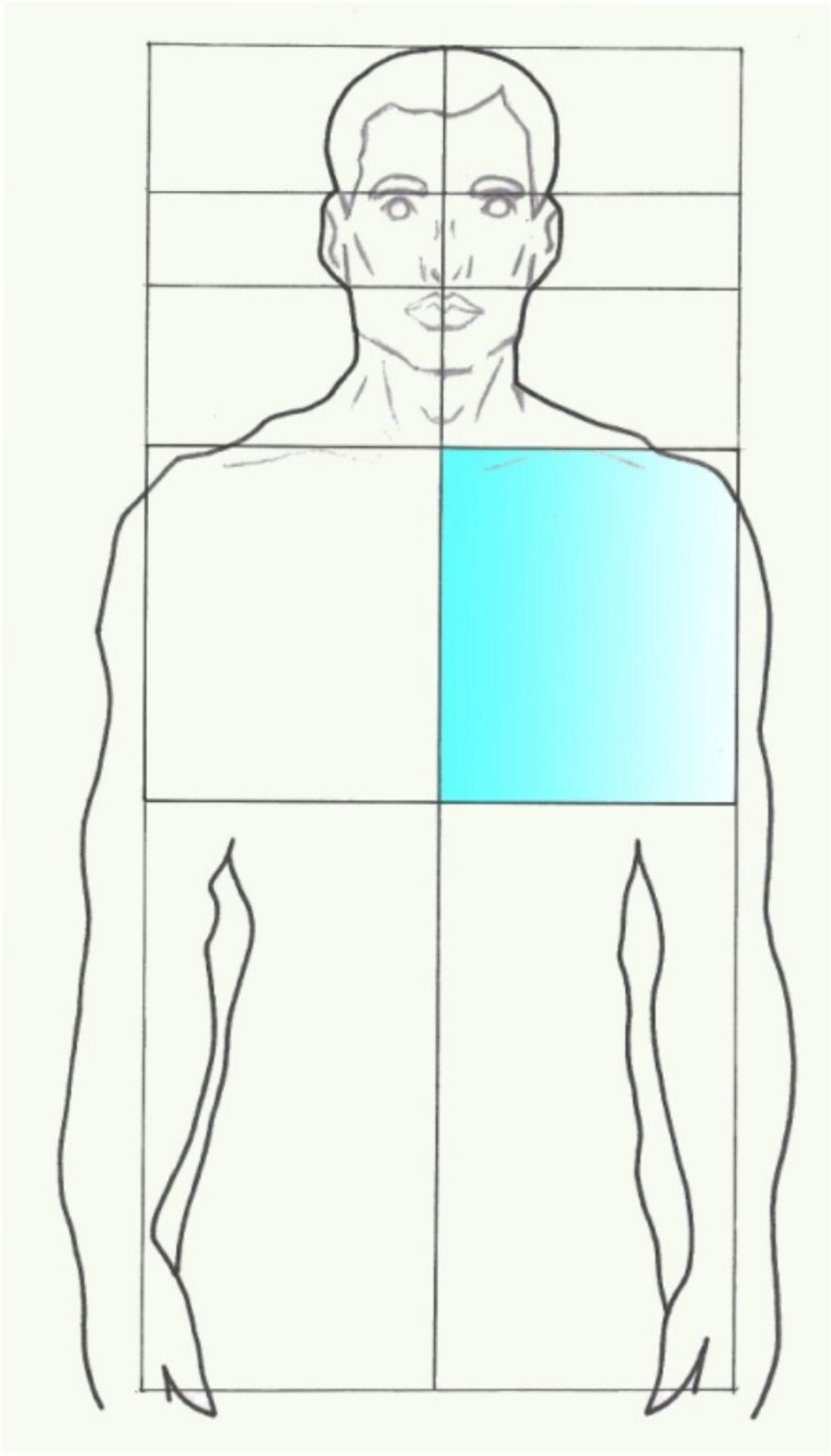
TEMPORAL SECTORS OVERLAPPING

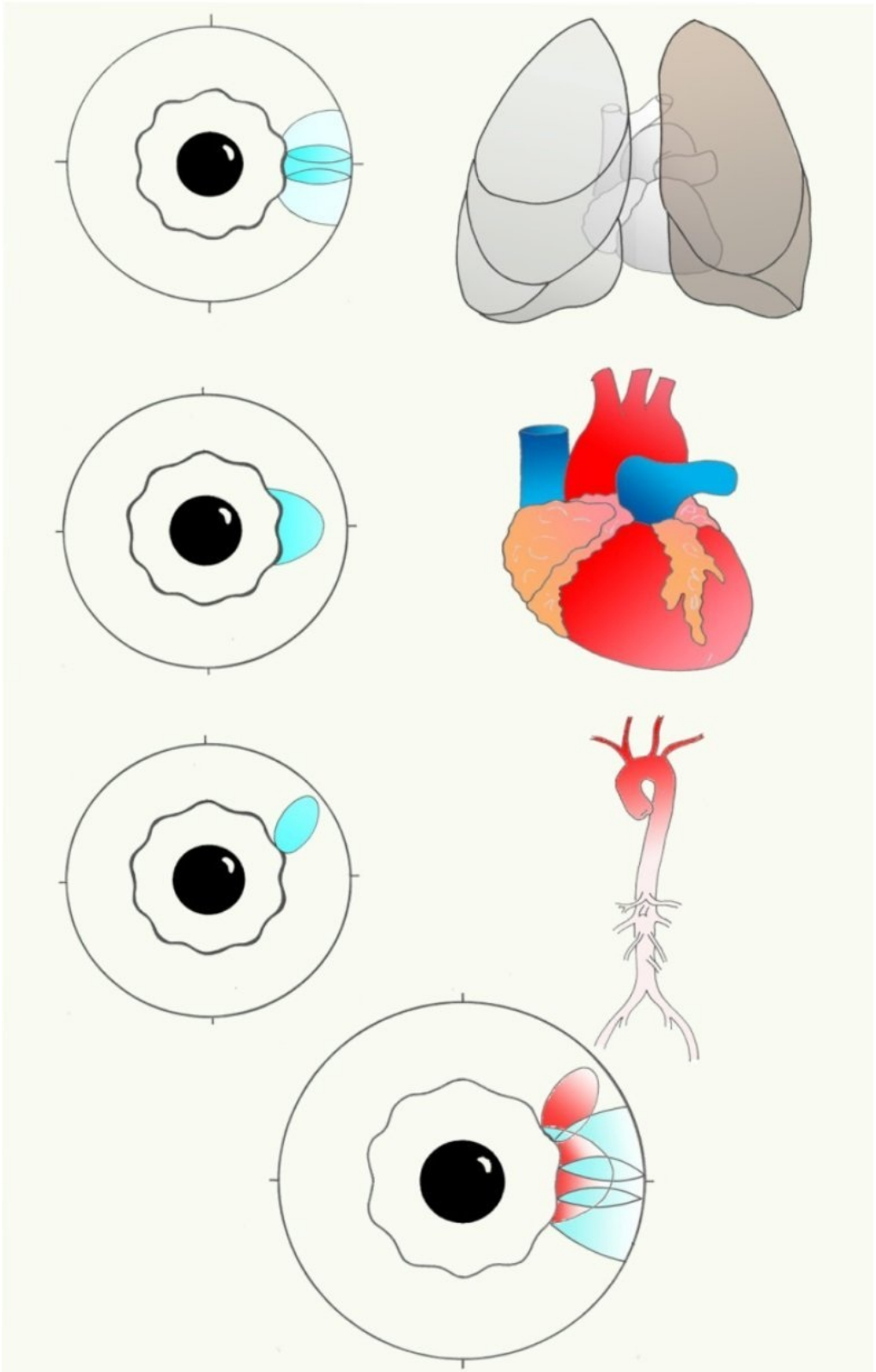


TEMPORAL SECTOR OVERLAPPING

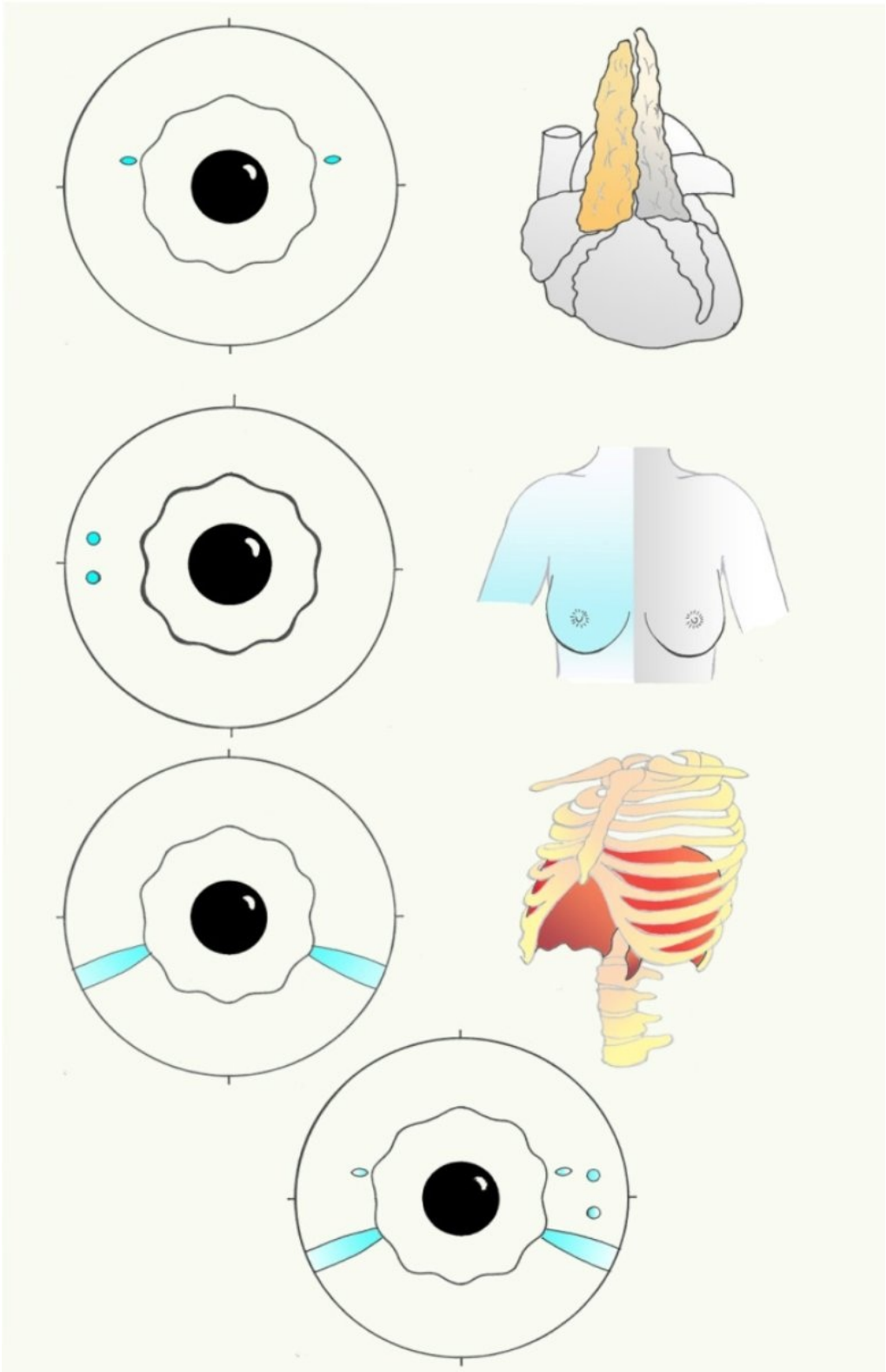
(Left iris)

The left temporal sector reflects the projections of the lung, lung hilum, heart, thymus, aortic arch, breast, diaphragm.

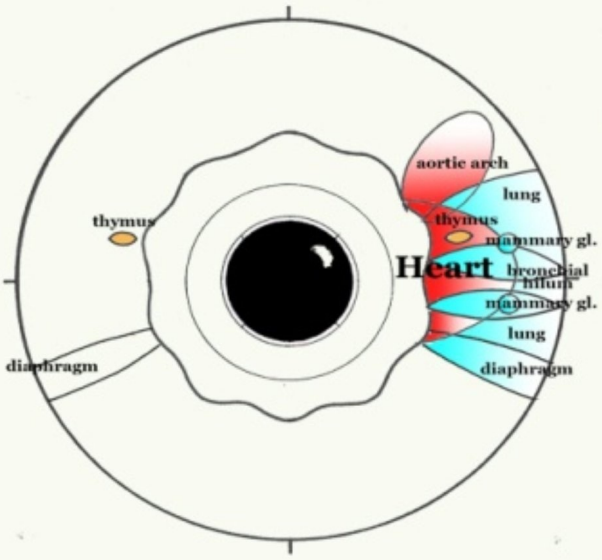




Left iris map: lung-heart-aortic arch overlapping

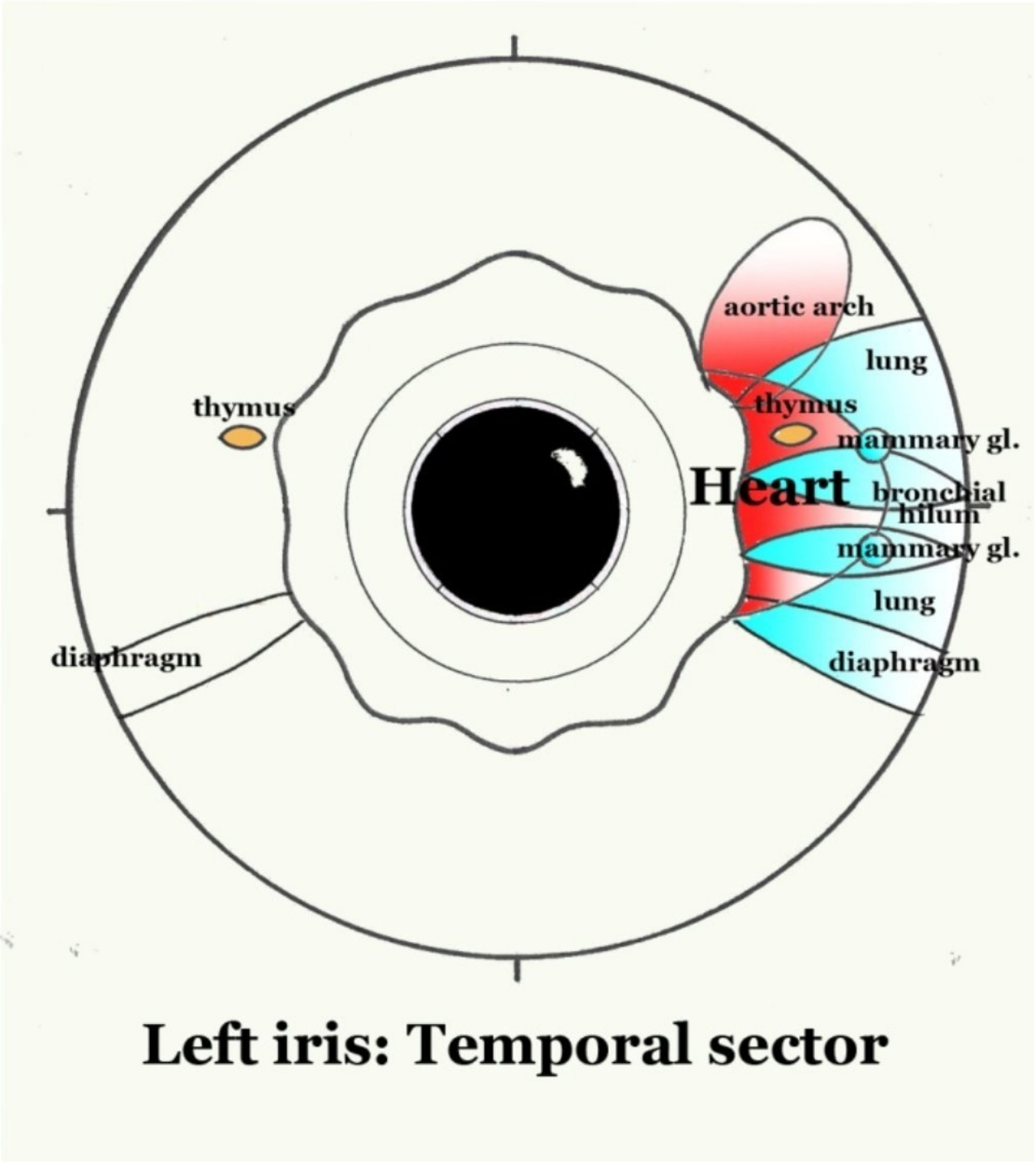


Left iris map: thymus-breast-diaphragm projections



Left iris: temporal sector

heart
left lung
bronchial hilum
thymus
mammarian gland
diaphragm

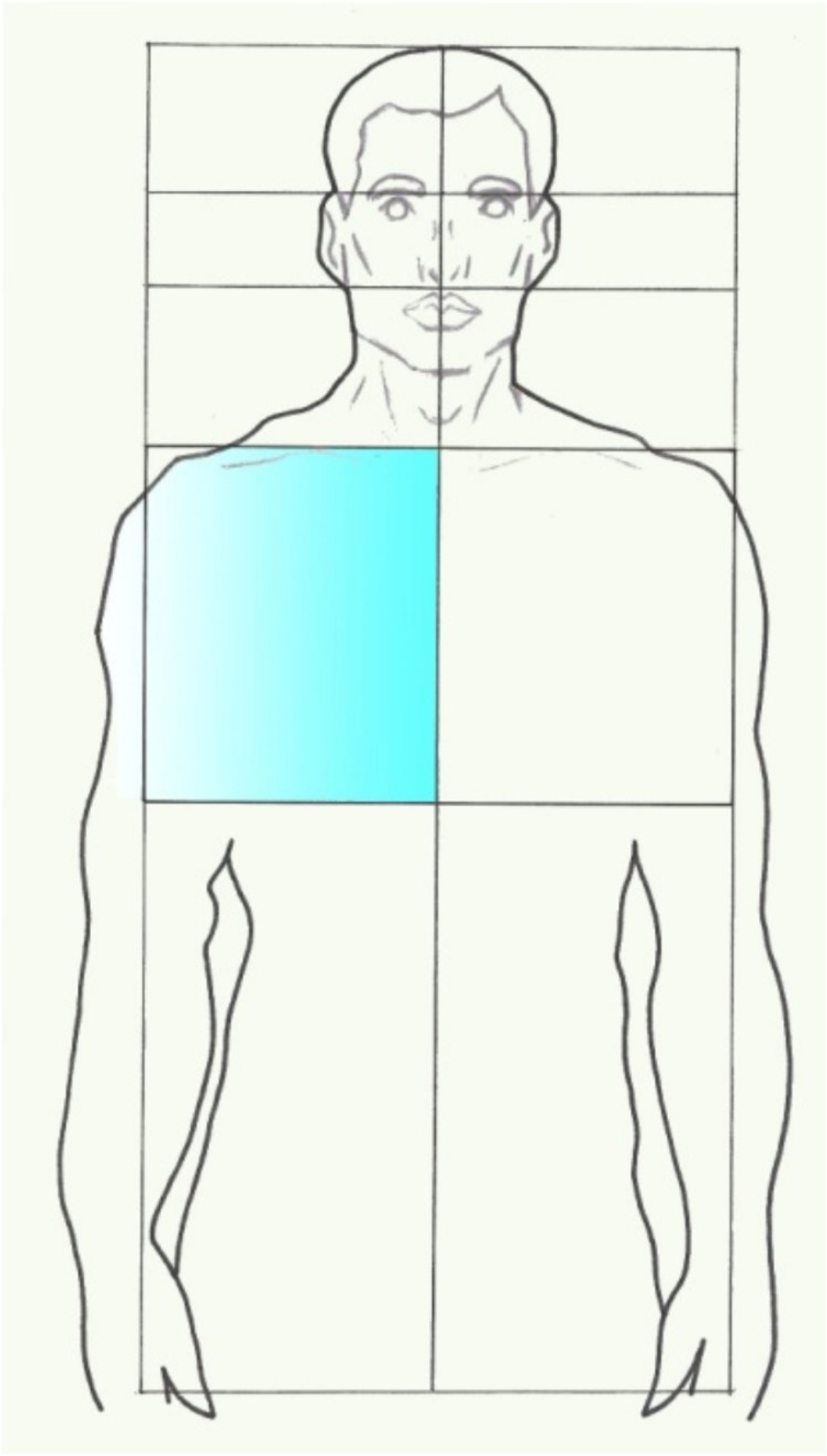


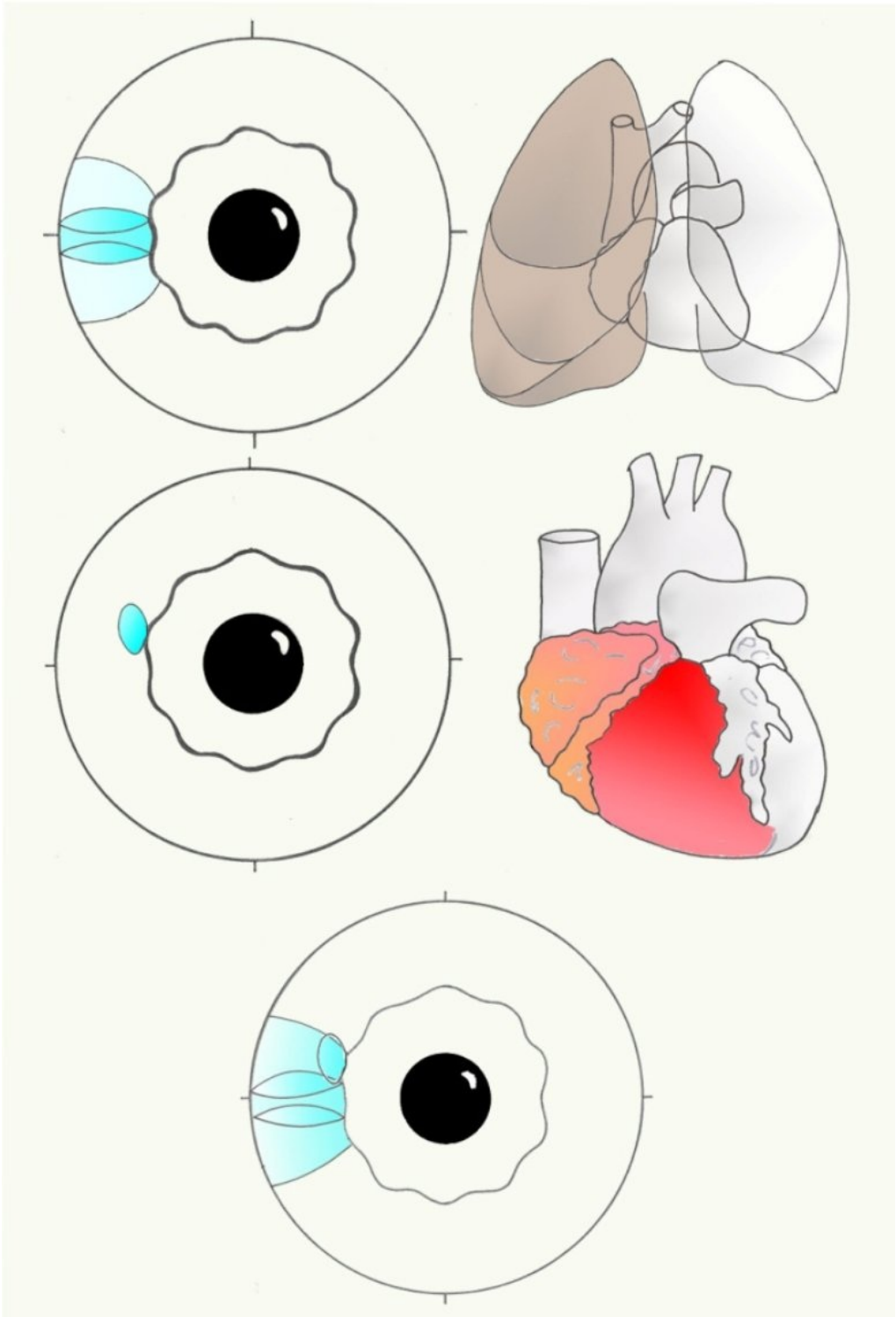
TEMPORAL SECTORS OVERLAPPING

(right iris)

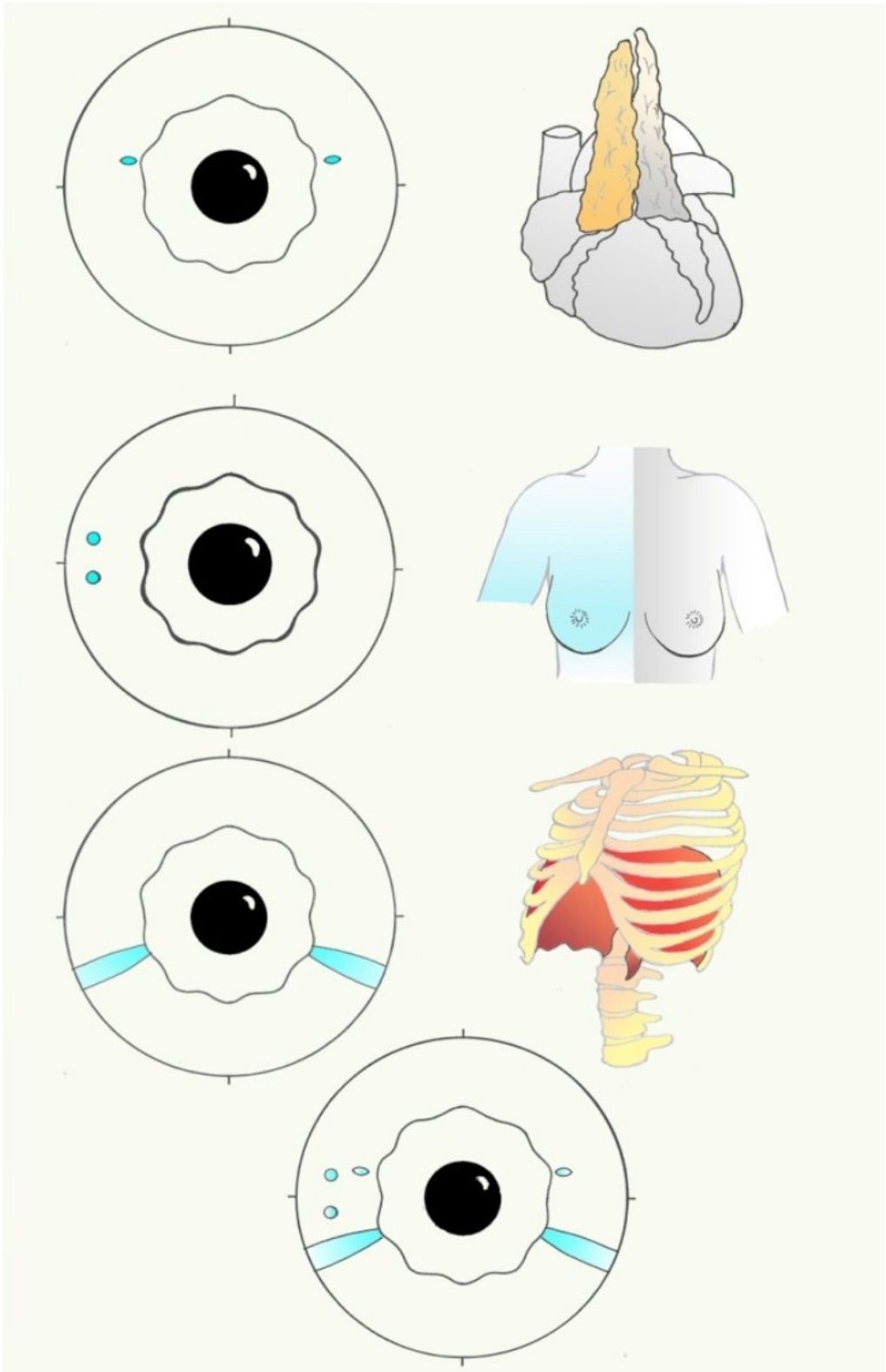
The projections located in the right temporal sector mirror the left one although there are important differences: they do not include representation of the aortic

arch and the projections of the right heart are very limited.





Right iris: lung-bronchial hilum-right heart overlapping

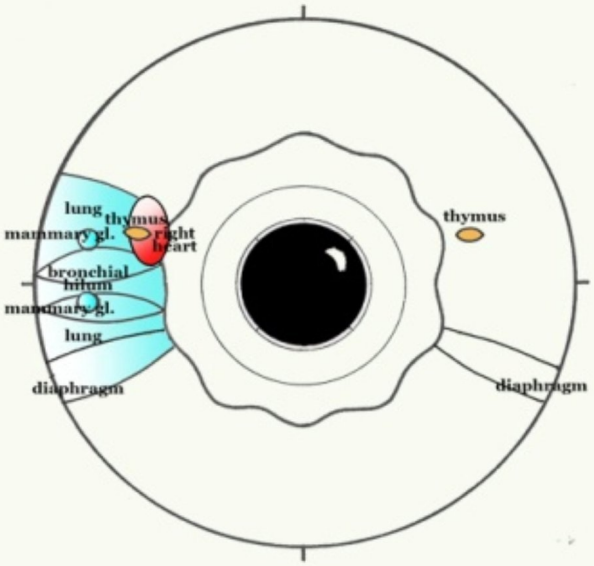


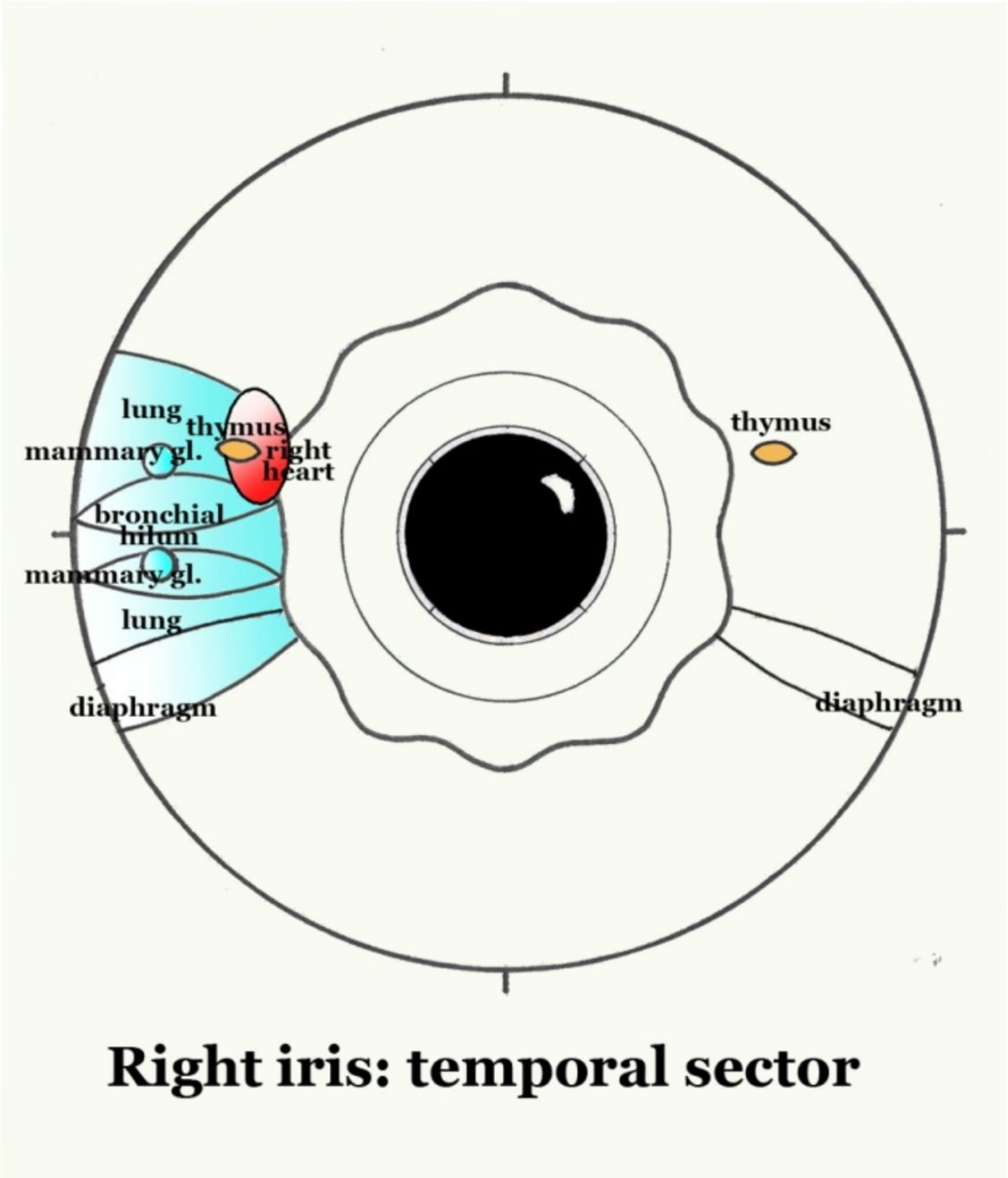
Left iris map: thymus-breast-diaphragm projections

Below is an overall map of the right temporal sector.

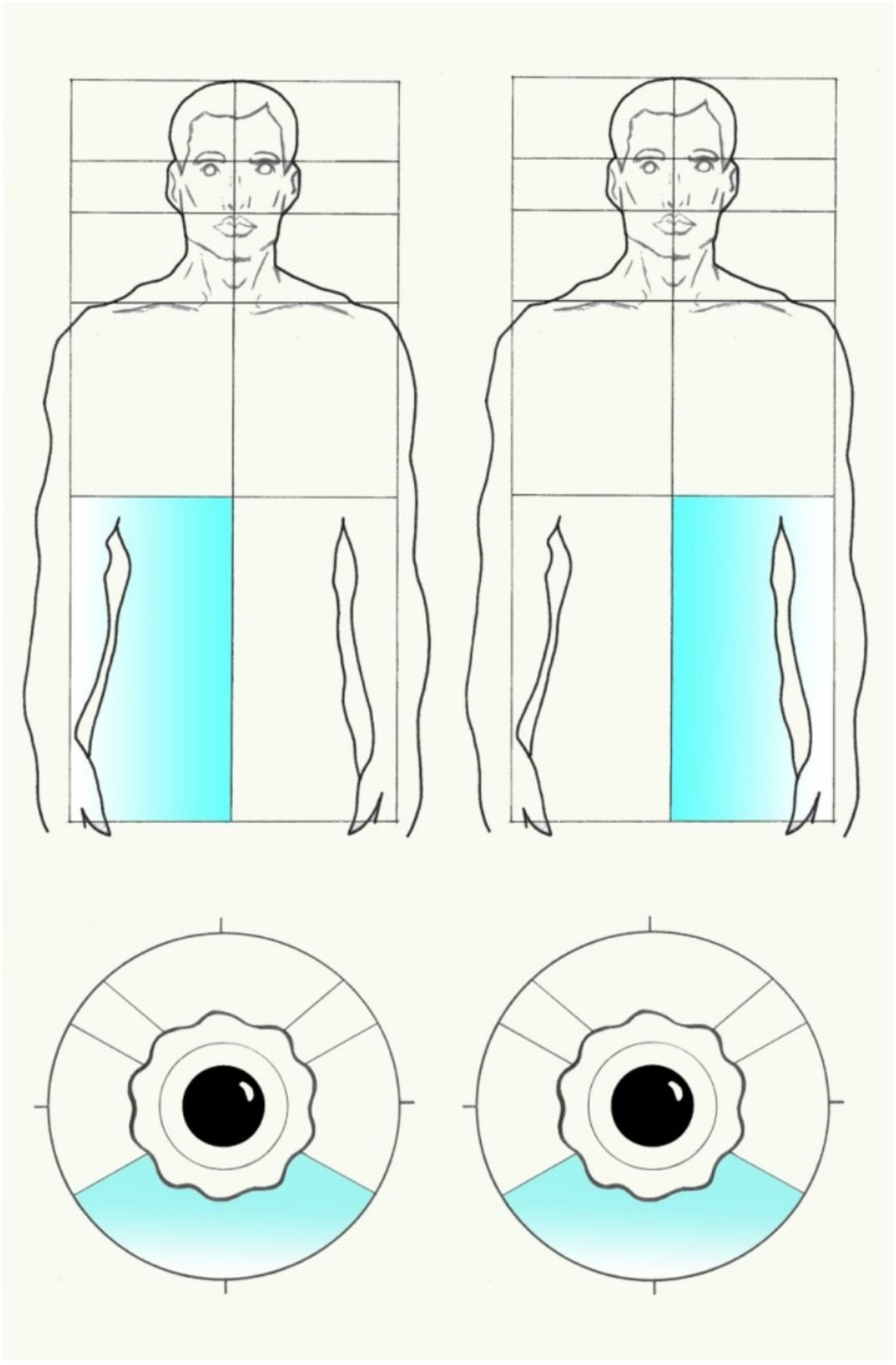
Right iris: temporal sector

right heart
right lung
bronchial hilum
thymus
mammarian gland
diaphragm

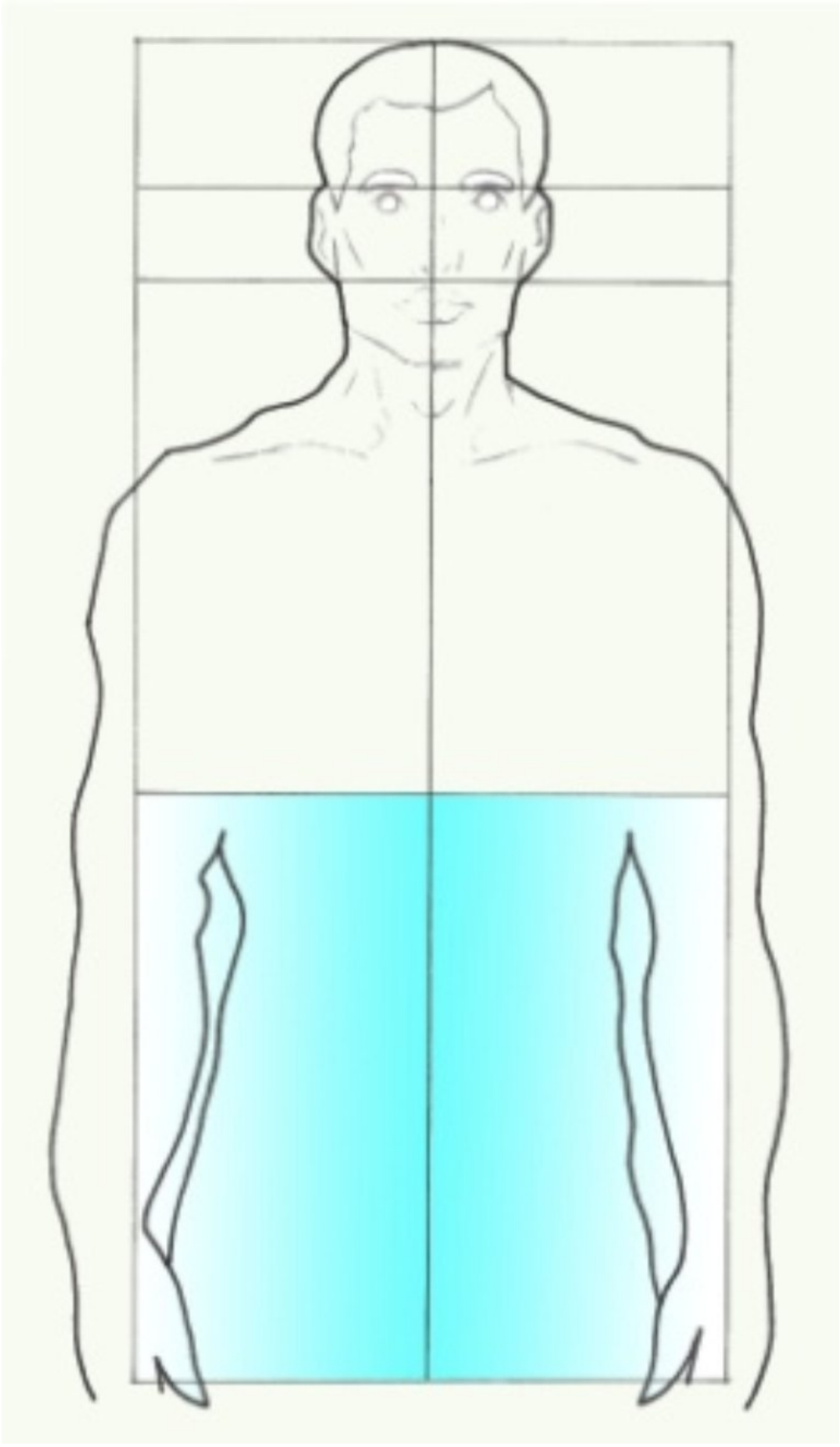




VISCERAL SECTORS OVERLAPPING



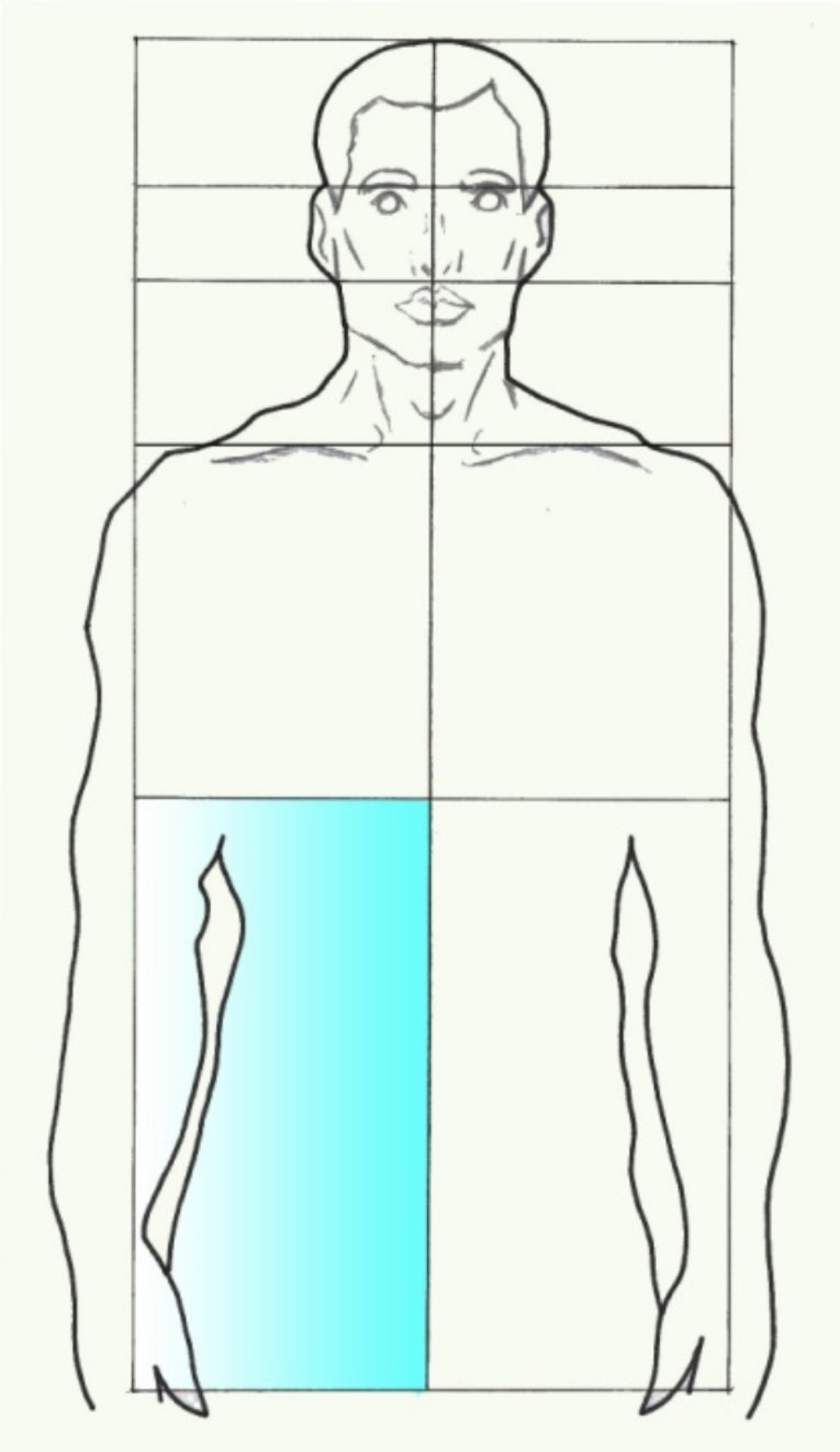
The largest number of overlappings concentrate in the visceral sector.

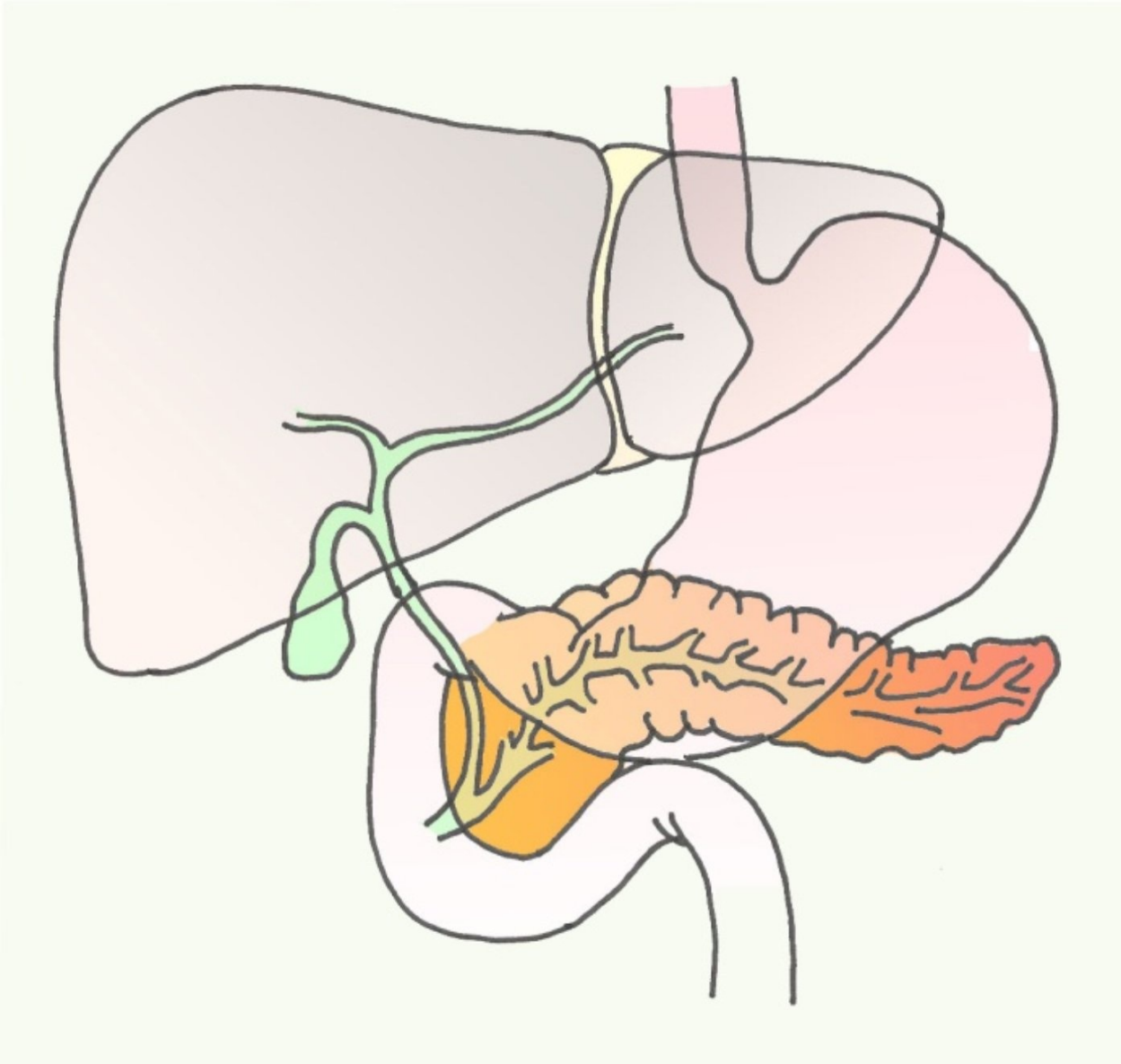


The anatomical proximity of liver, gallbladder, pancreas head, pancreas tail and spleen reflects in the visceral sector. In addition to this group of organs, the male and female urogenital apparatuses are also projected in this area. The projections of organs in the iris mirror the original anatomical symmetry: the liver is projected only in the right visceral sector, the spleen only in the left one while the median organs are projected in the sides of the median line in both irises.

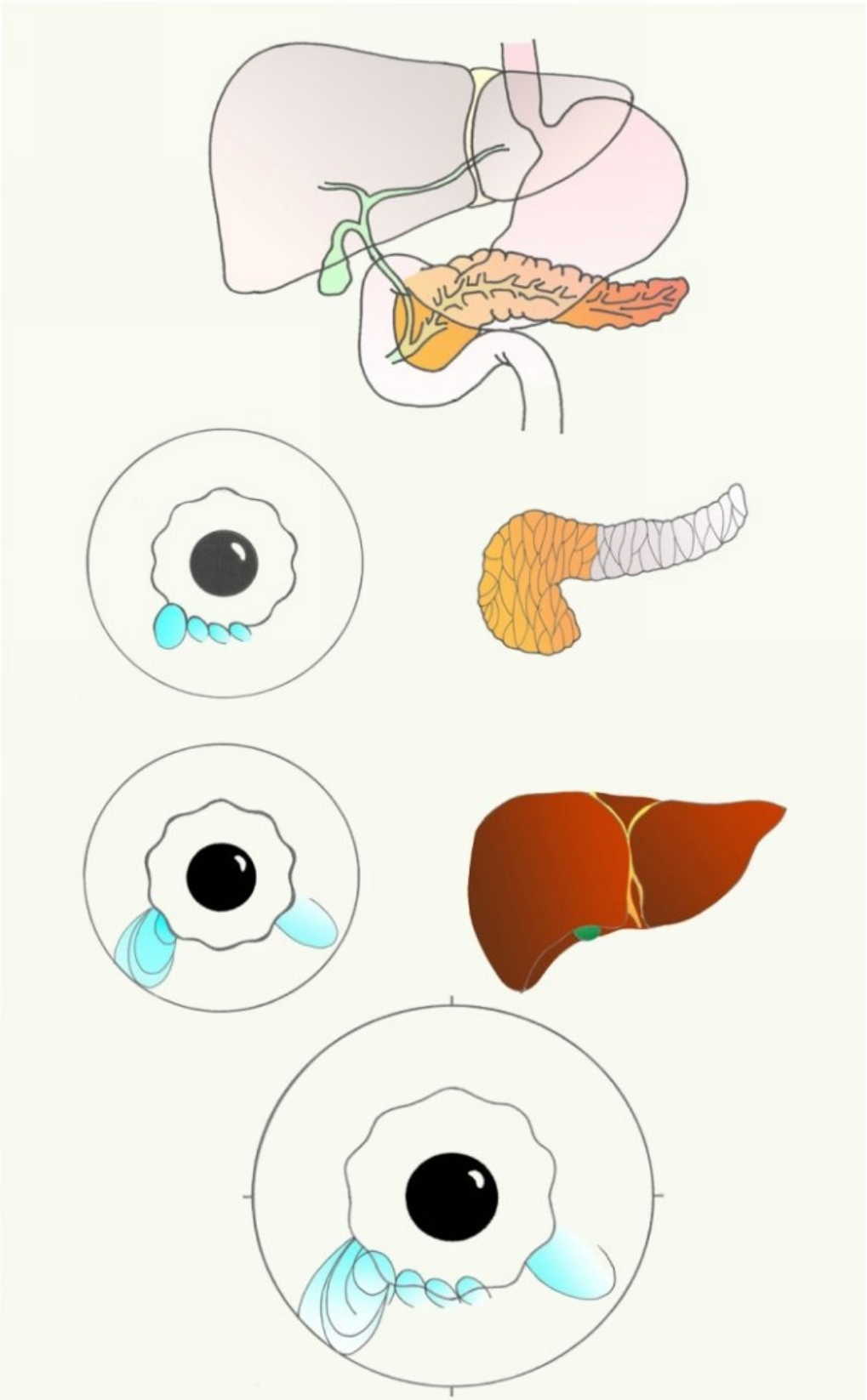
VISCERAL SECTOR OVERLAPPING

(right iris)



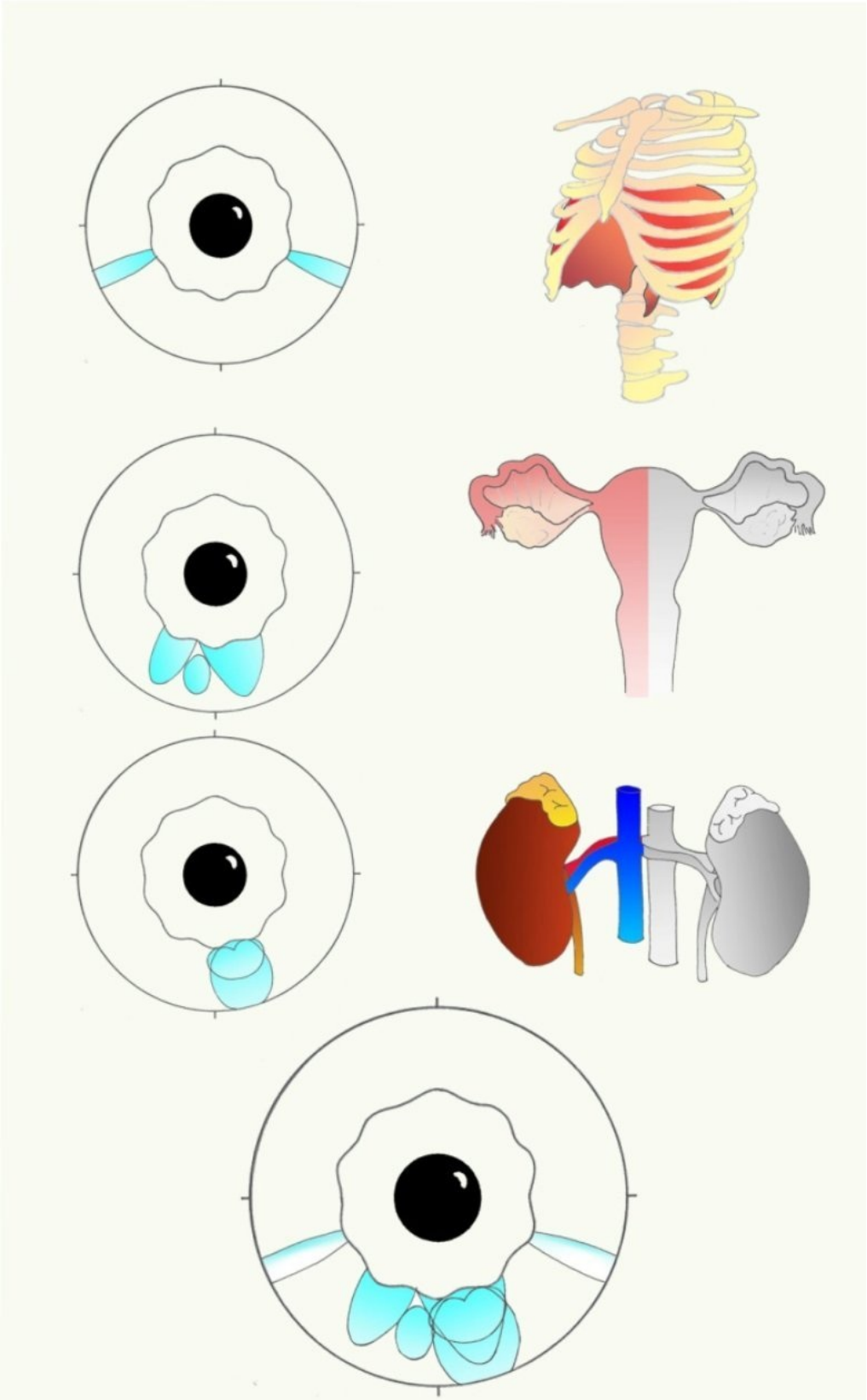


The projection of the pancreas tail partially expands into the intestinal sector, which locates the projection of the duodenum, and partially in the third and fourth circular rings where the projections of the gallbladder and liver are found.



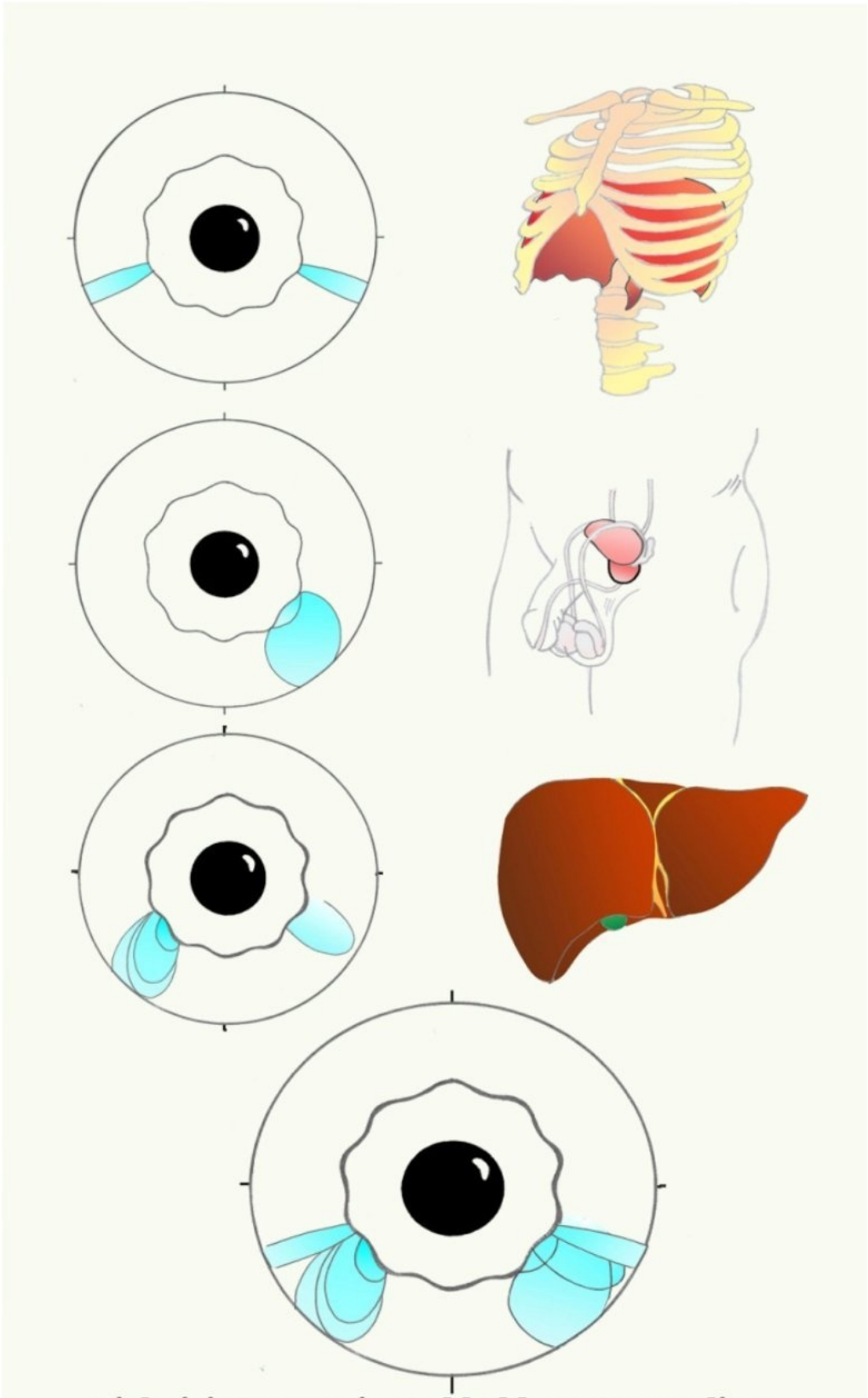
Right iris map: liver-gallbladder-pancreas overlapping

Continuing towards the median part of the visceral sector, the overlappings of the female urogenital apparatus (ovaries, uterus and annexes) and the kidney/adrenal glands also add.

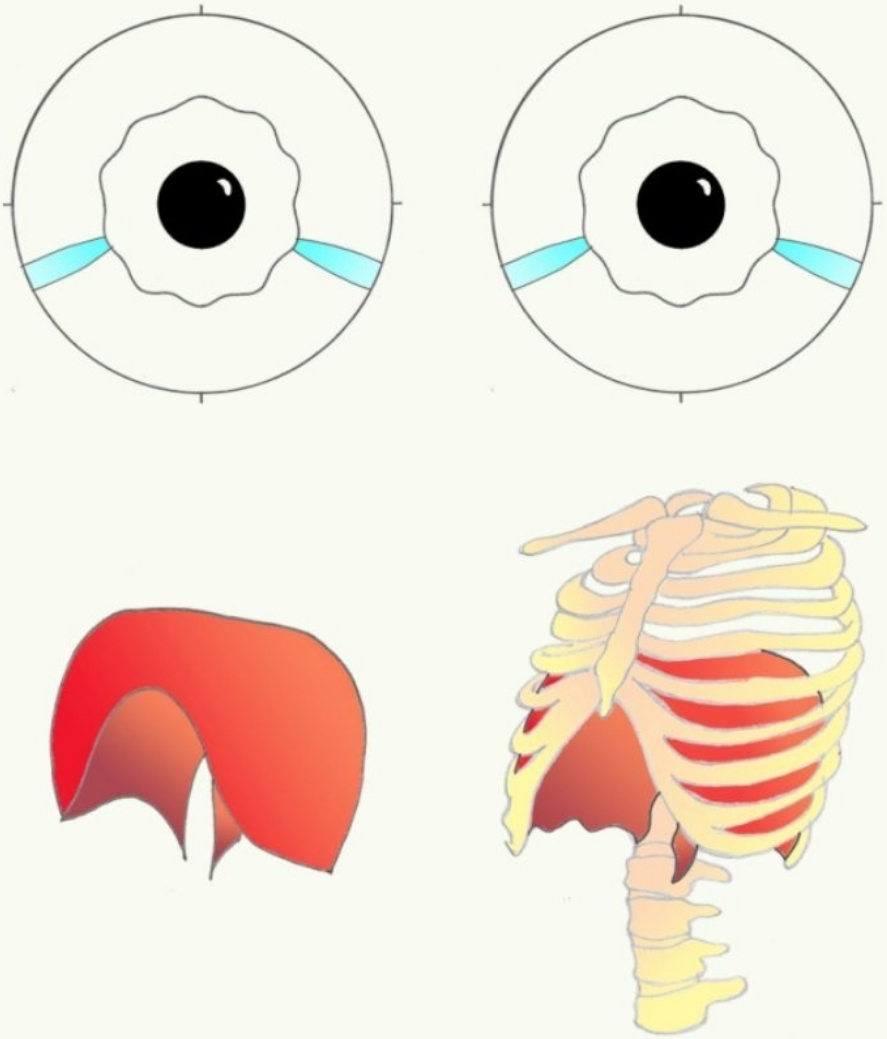


Right iris: urogenital overlapping

In the remaining part of the right visceral sector there is an overlapping between the projections of the urinary bladder and the posterior liver sector. In addition, in the male body the urinary bladder base and the prostate share the same area attached on the autonomic nerve wreath.

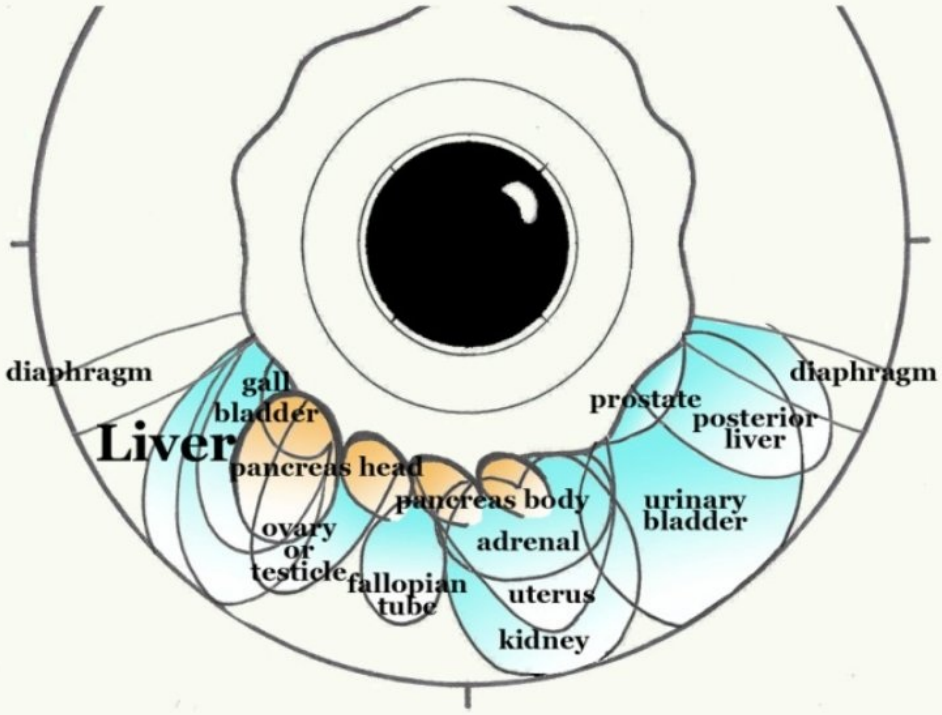


Right iris map: urinary bladder-prostate-liver overlapping

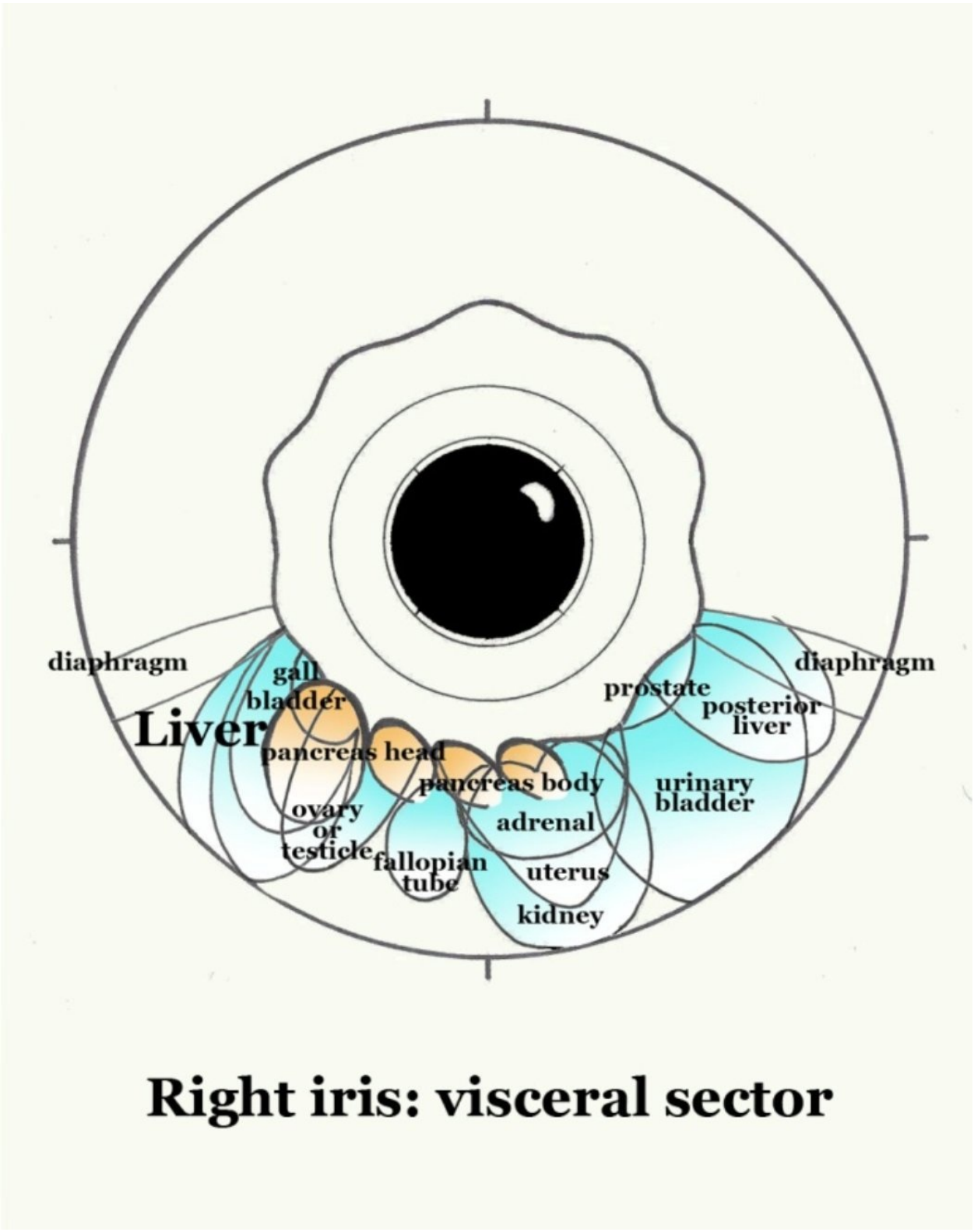


The projections of the diaphragm mark the border between lateral sectors and visceral sectors of both irises

Below is an overall map of the right visceral sector.

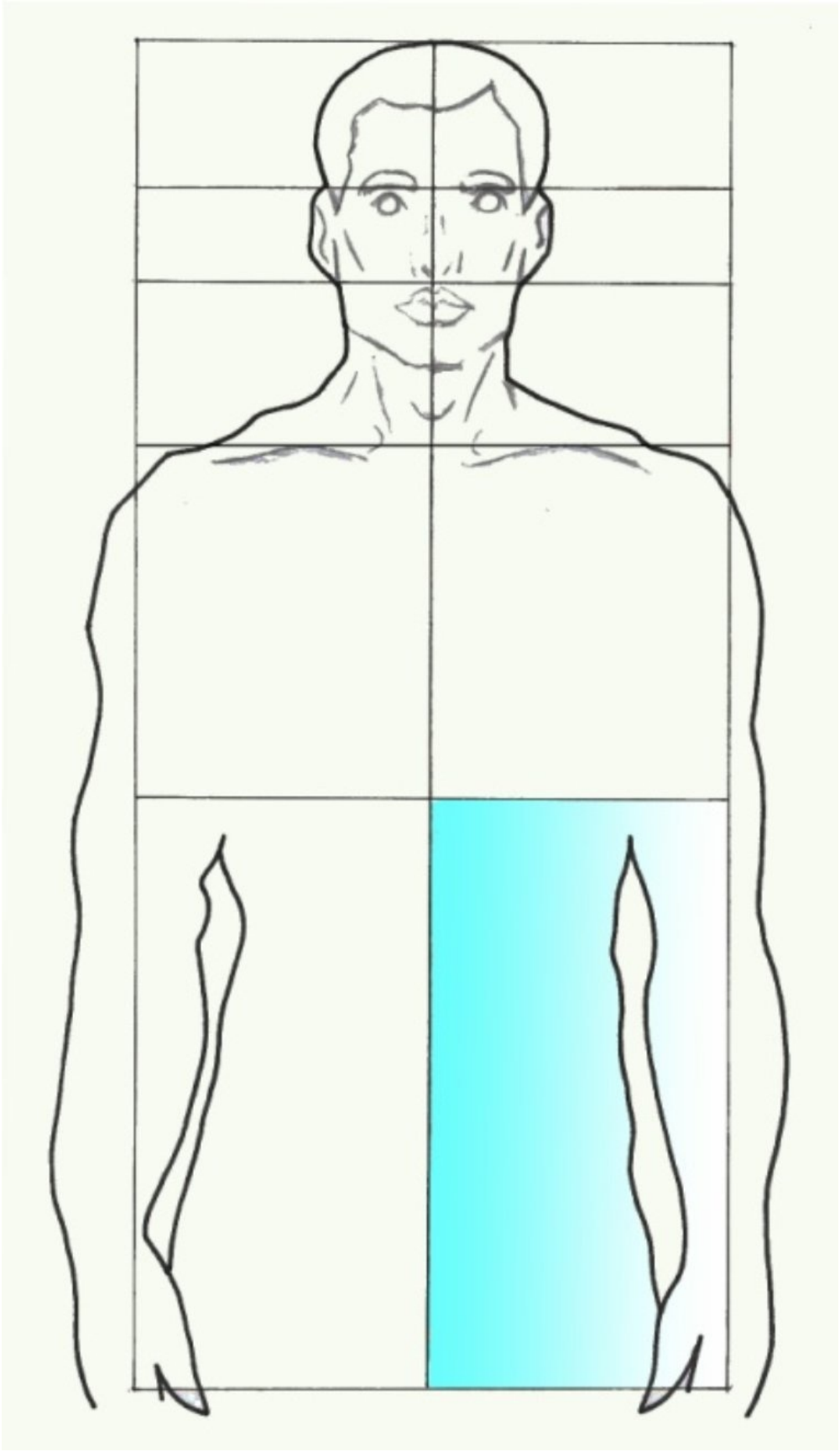


Right iris: visceral sector		
Temporal side	**Median area**	**Nasal side**
diaphragm pancreas head liver gallbladder right ovary or testicle	pancreas body uterus (right half) right fallopian t. right kidney right adrenal gl.	prostate urinary bladder posterior liver diaphragm

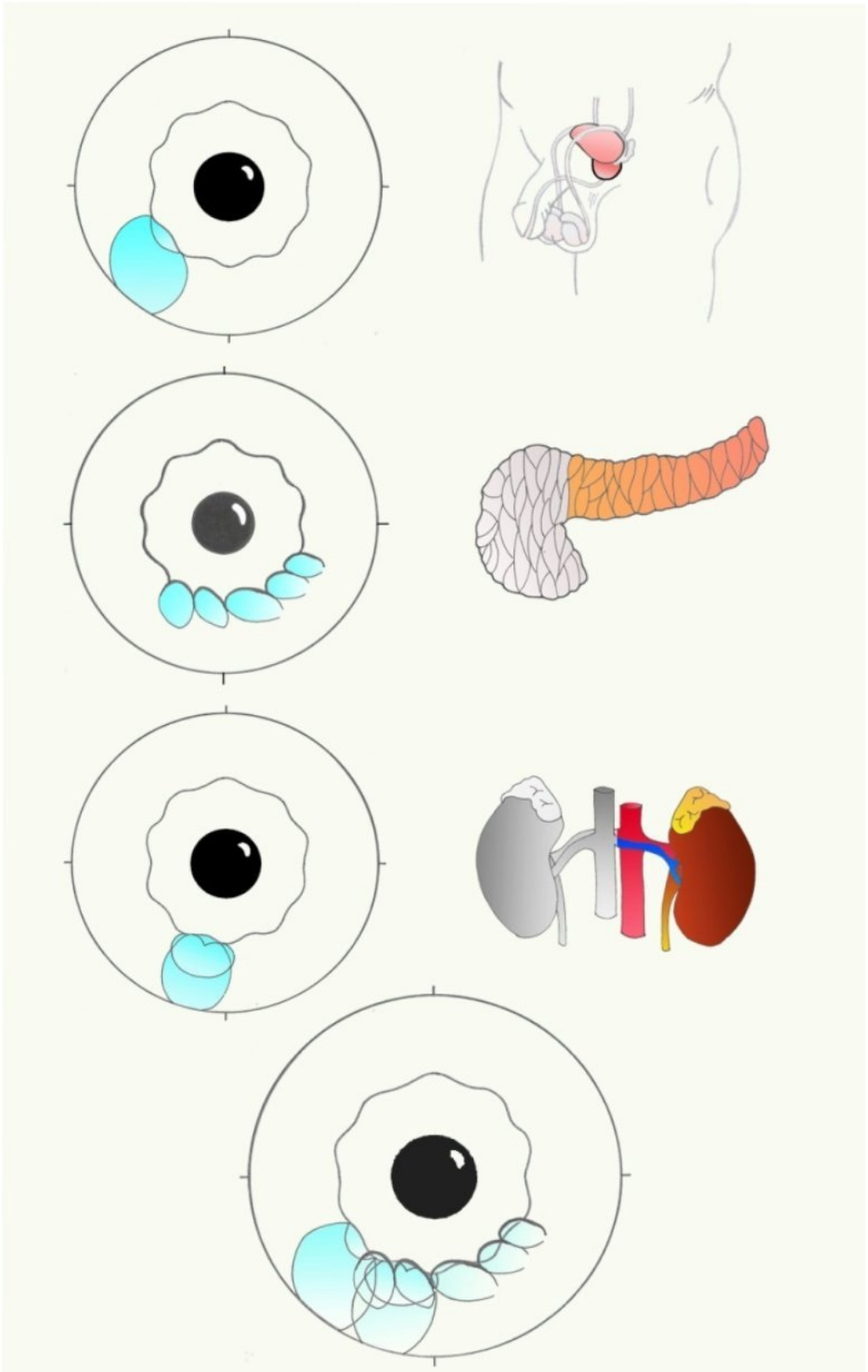


VISCERAL SECTOR AVERLAPPING

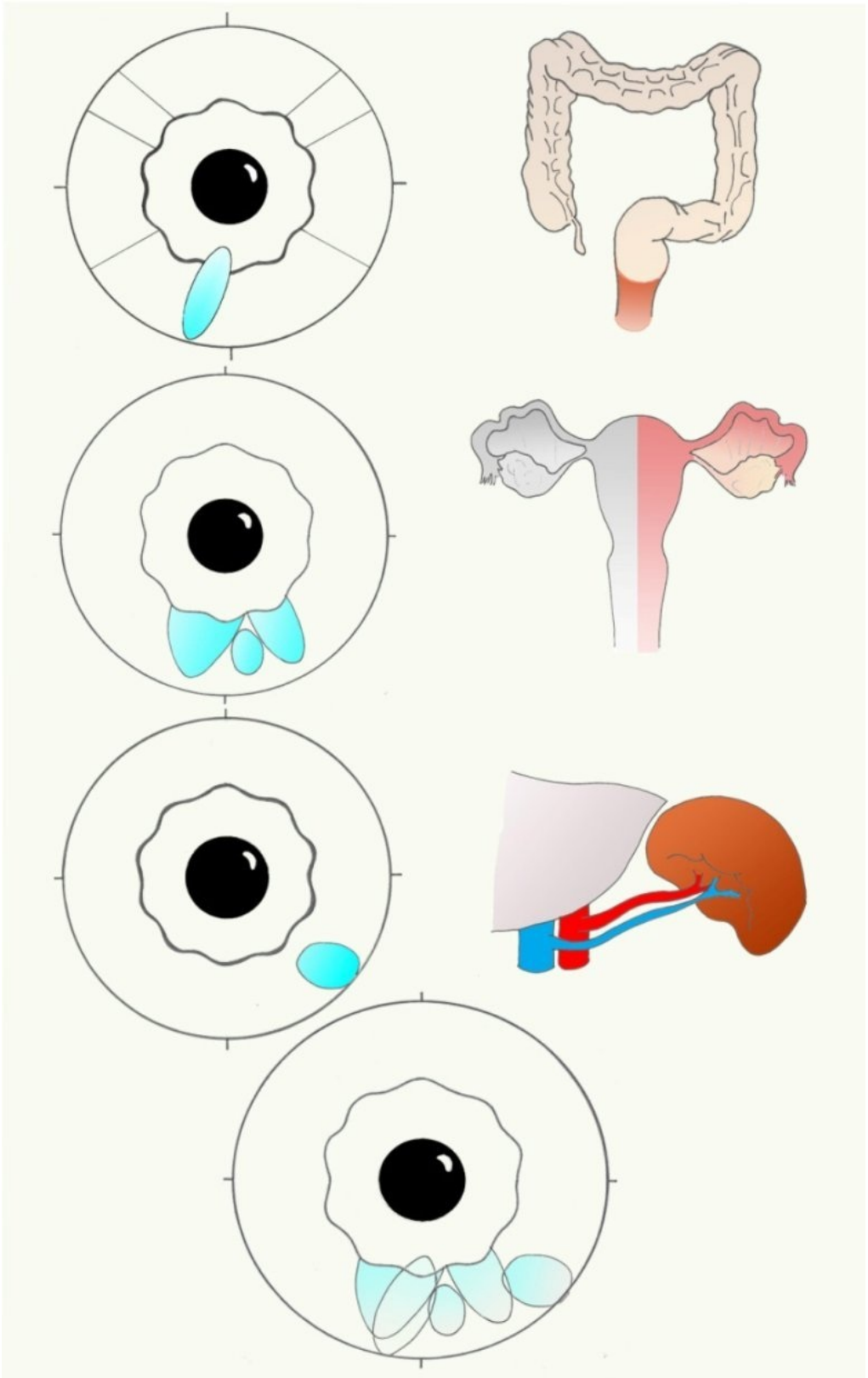
(left iris)



Starting from the nasal side of this sector, the following projections are found: diaphragm, urinary bladder/prostate, pancreas body, uterus, kidney/adrenal gland, pancreas tail, ovary/testicle, spleen, diaphragm.

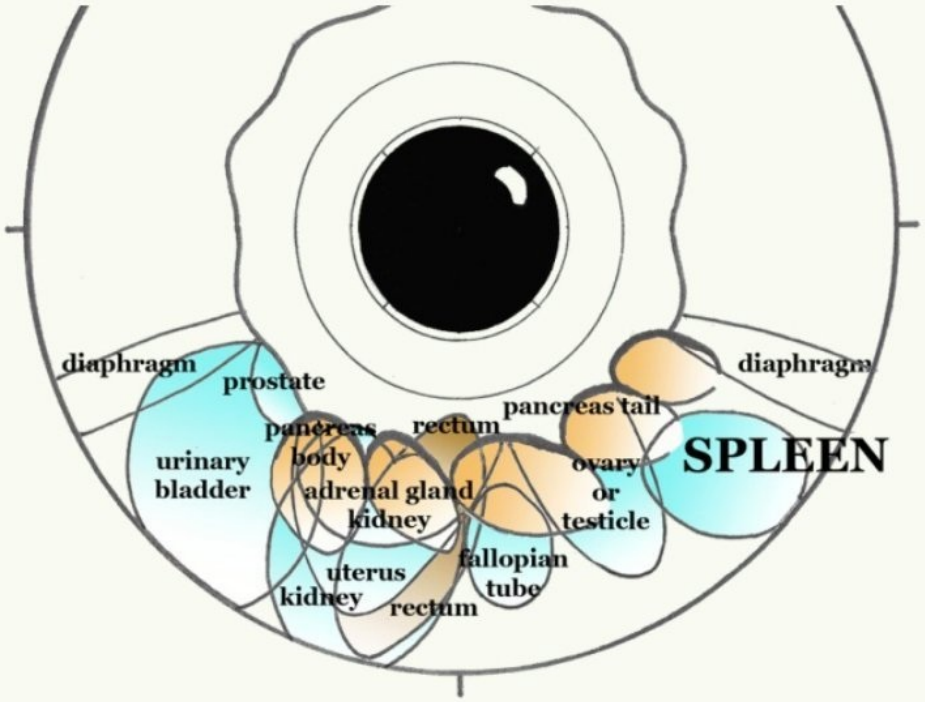


Left iris map: prostate-urinary bladder-kidney-pancreas overlapping

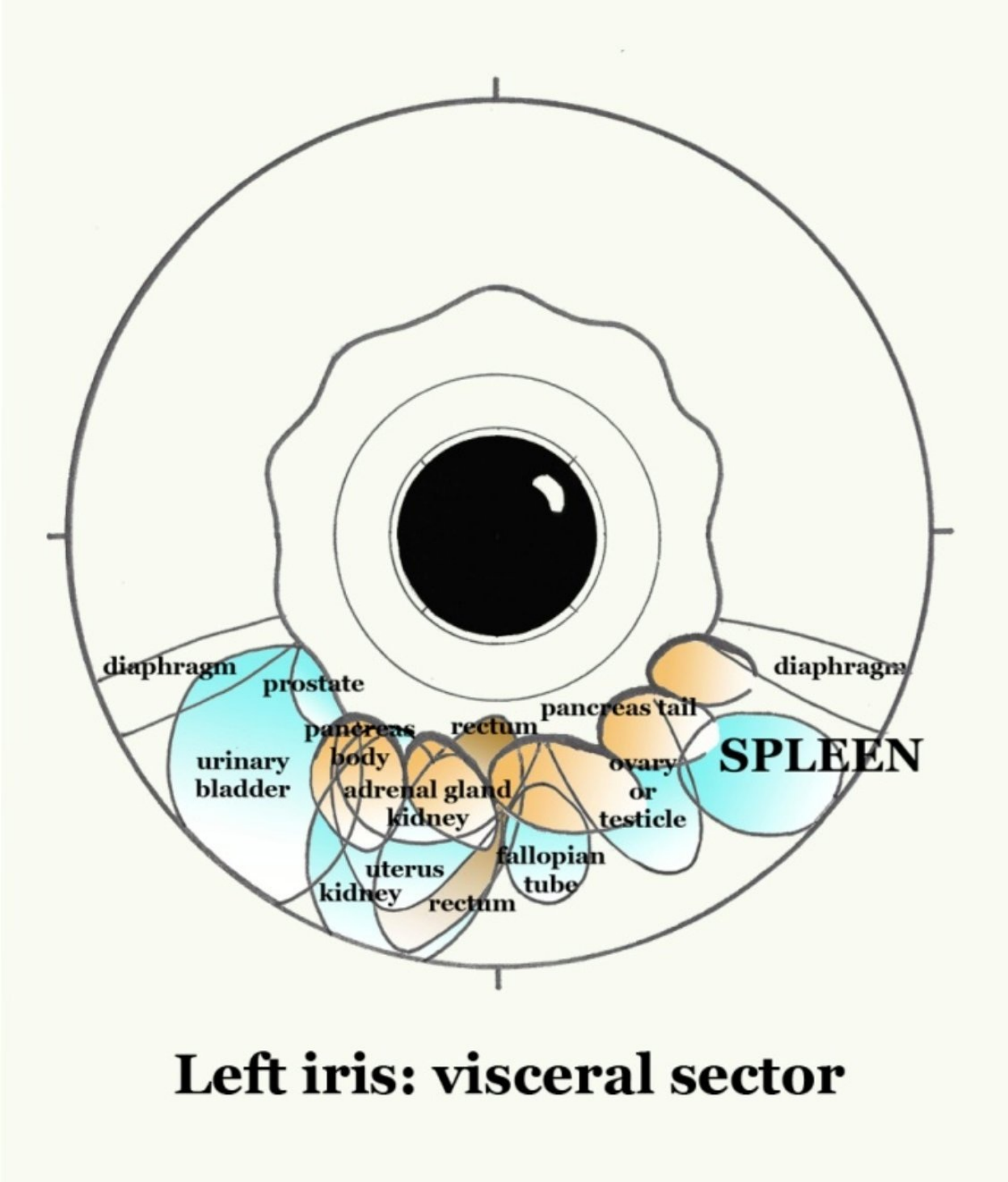


Left iris map: rectum-half uterus-spleen overlapping

Below is an overall map of the left visceral sector



Left iris: visceral sector		
Nasal side	**Median area**	**Temporal side**
diaphragm pancreas body prostate gallbladder (half)	pancreas body uterus (left half) left fallopian t. left kidney left adrenal gl. rectum	pancreas tail ovary or testicle spleen diaphragm

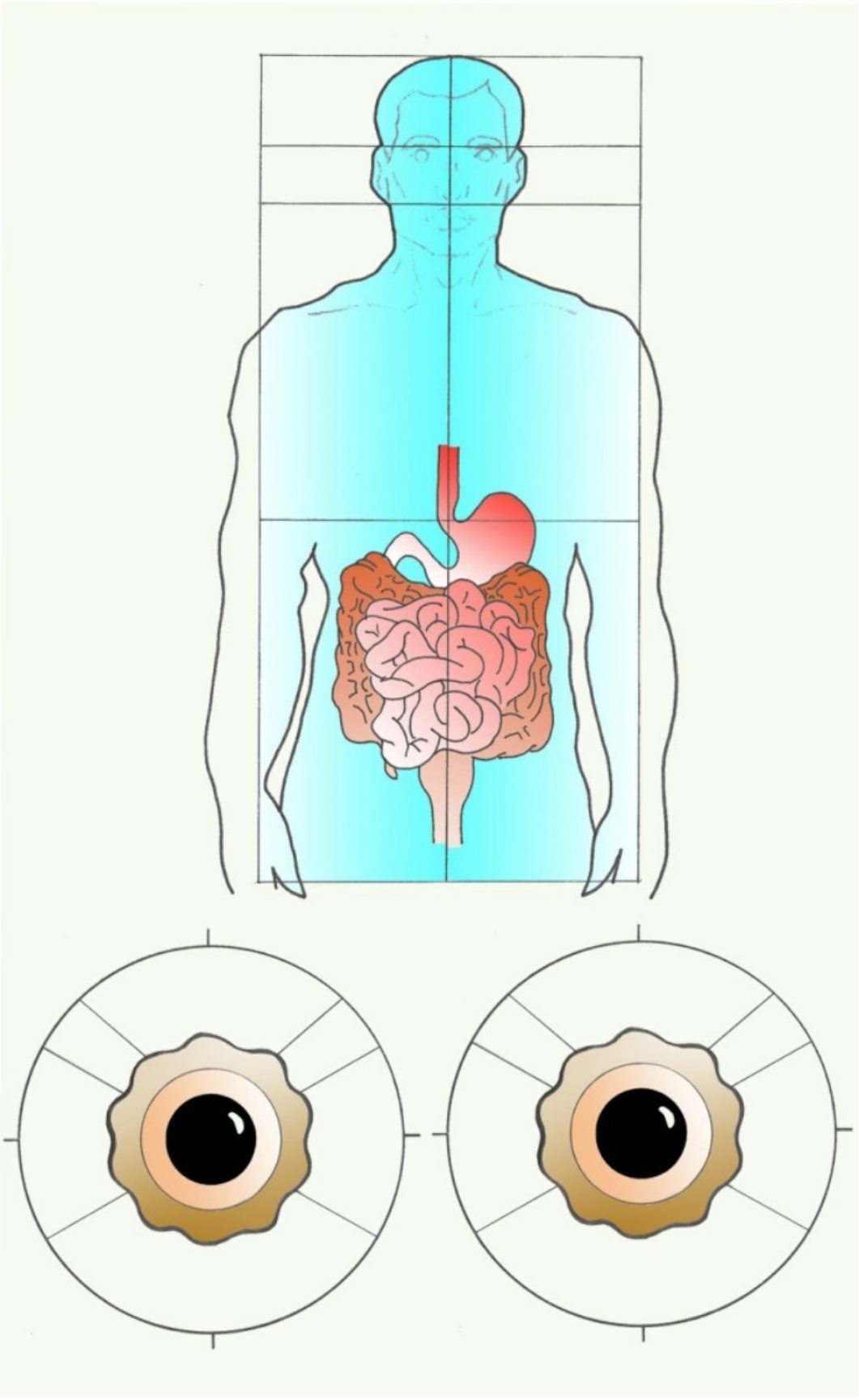


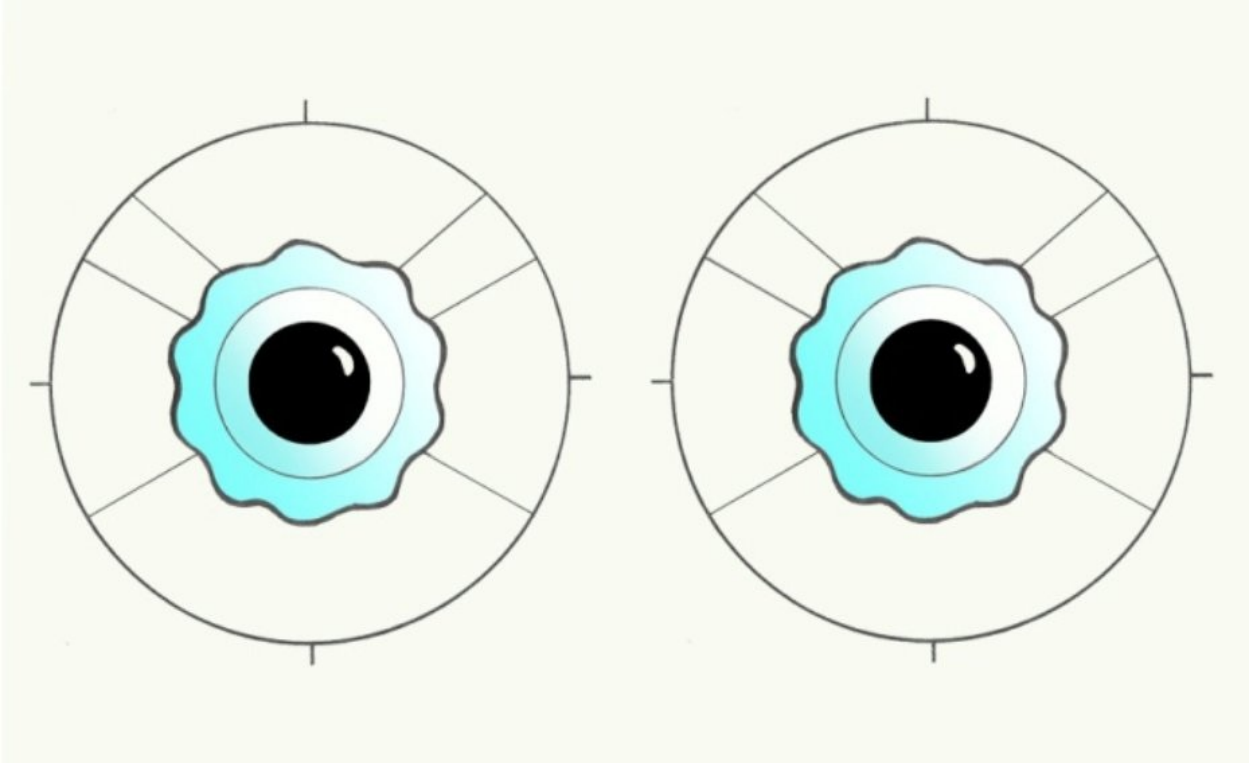
Left iris: visceral sector

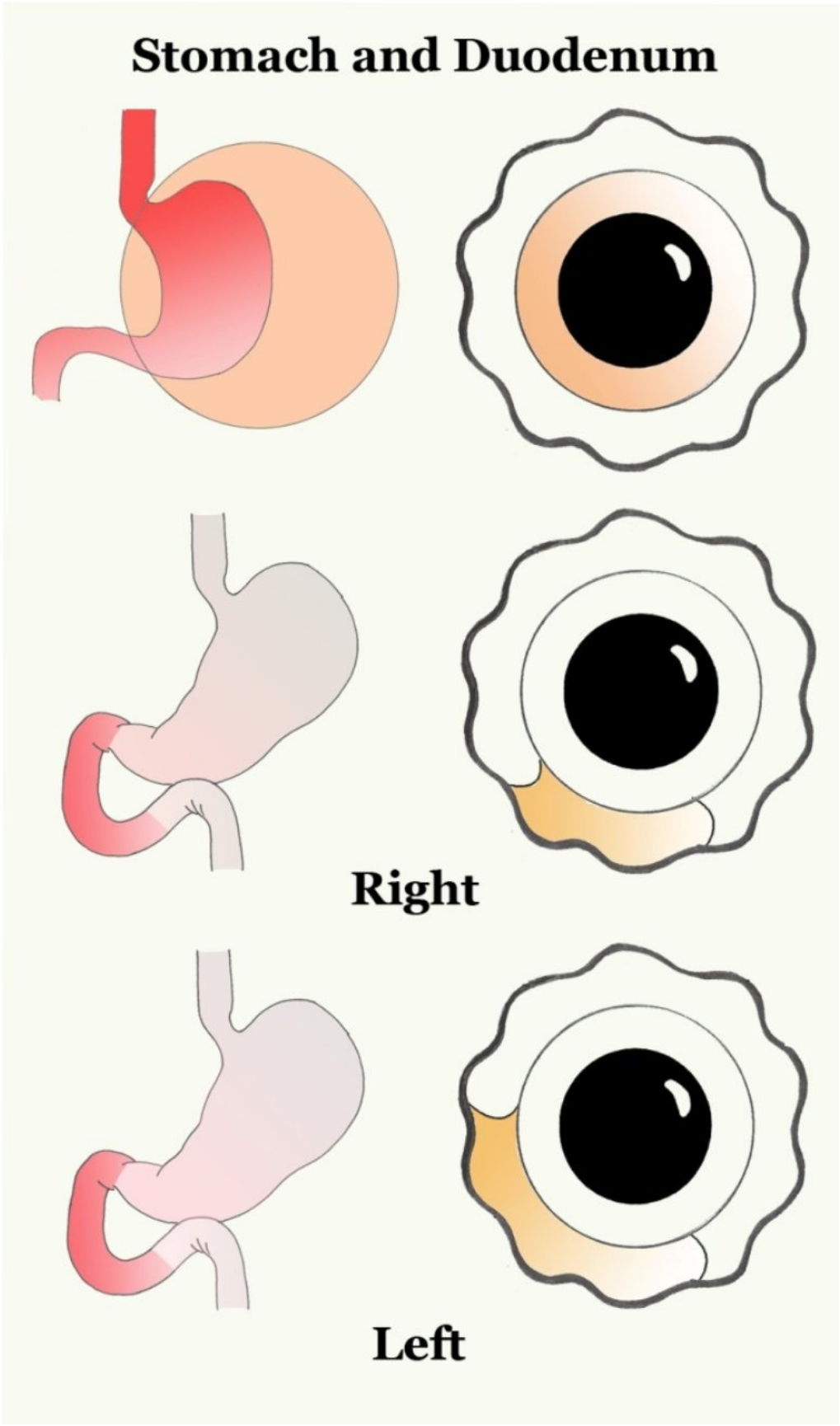
CENTRAL SECTORS

The central sector is composed of the first two circular rings which gather the projections of the digestive tube (stomach, duodenum, small intestine, colon,

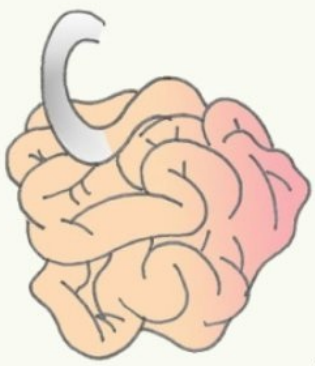
sigma, rectum). No overlappings.



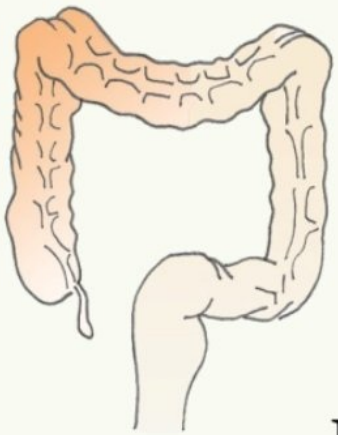



Stomach and Duodenum
Right
Left

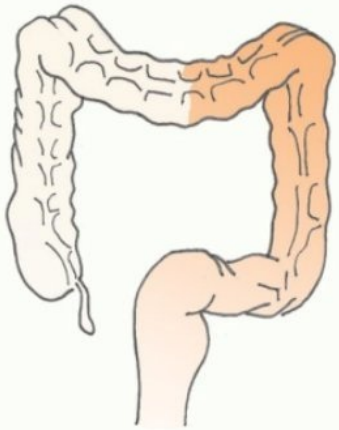
Small intestine, Colon, Sigma, Rectum



Right

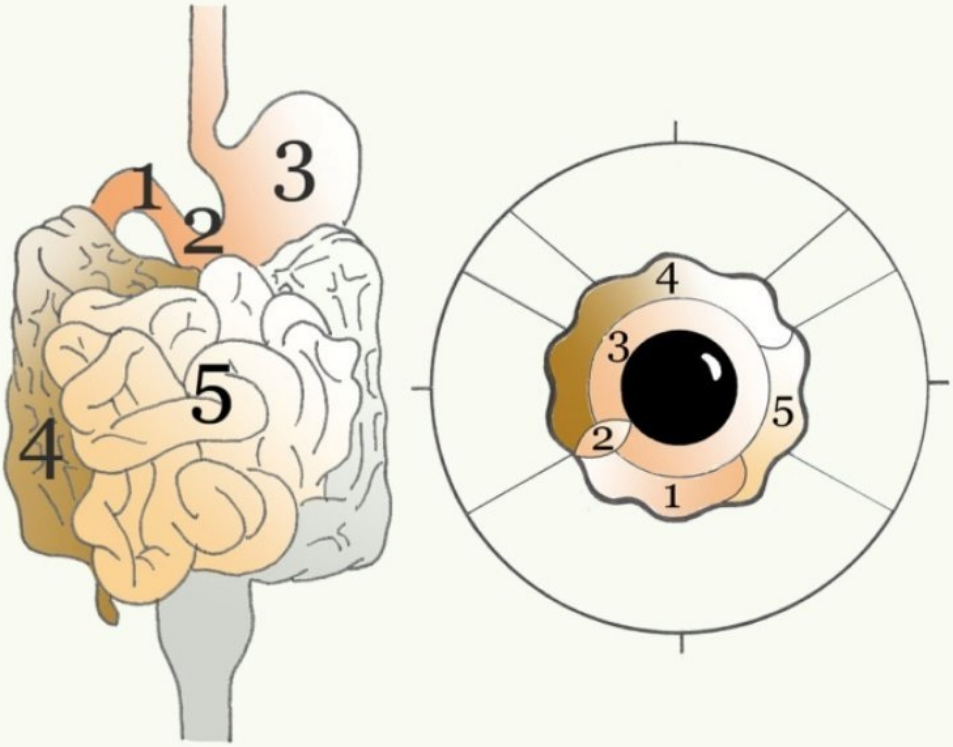


Right



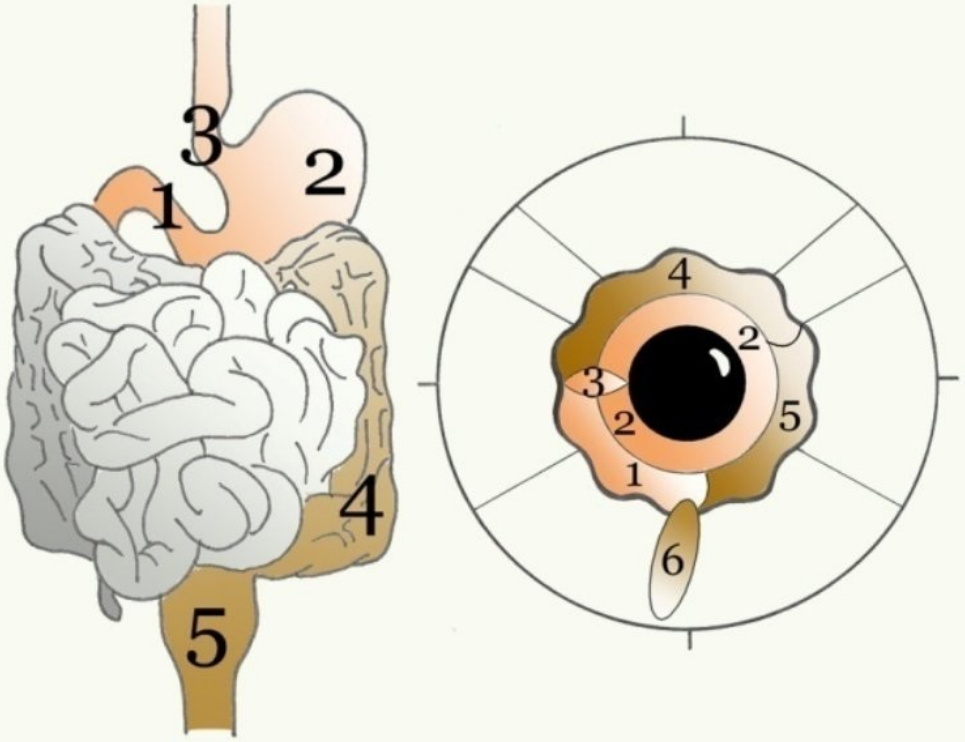
Left

RIGHT CENTRAL SECTOR



1	duodenum
2	pylorus
3	stomach
4	ascending and right transverse colon
5	small intestine

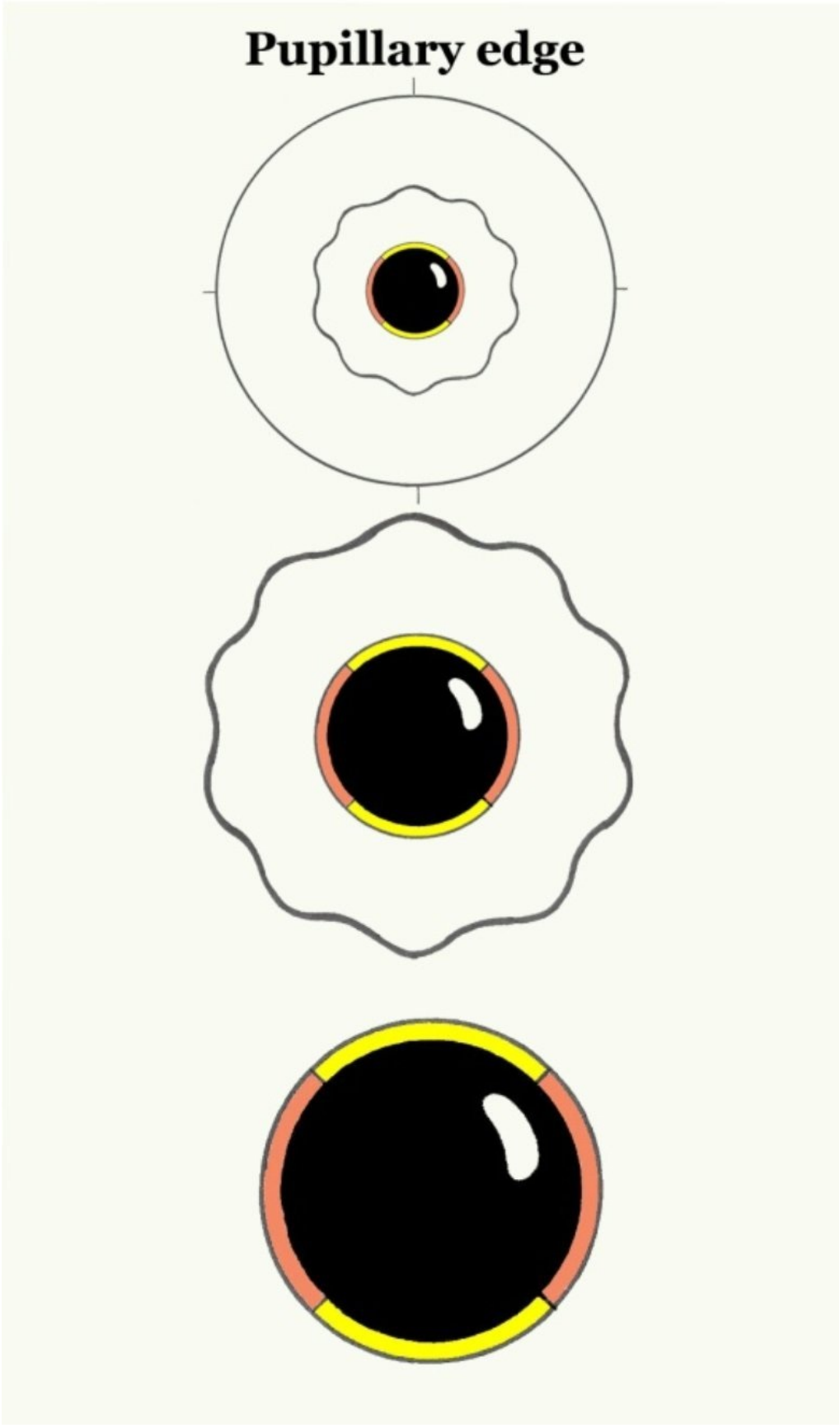
LEFT CENTRAL SECTOR



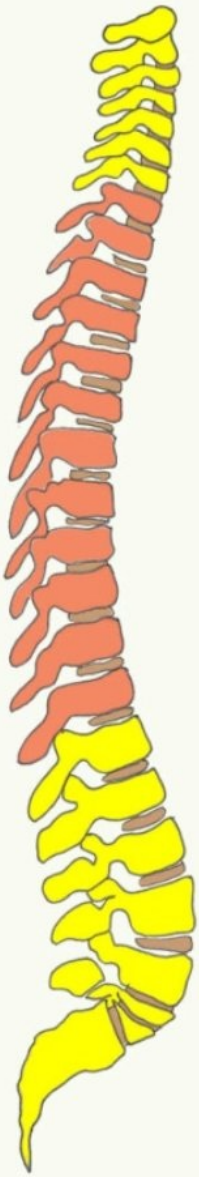
1	duodenum
2	stomach
3	cardias
4-5	left transverse and descending colon
6	rectum

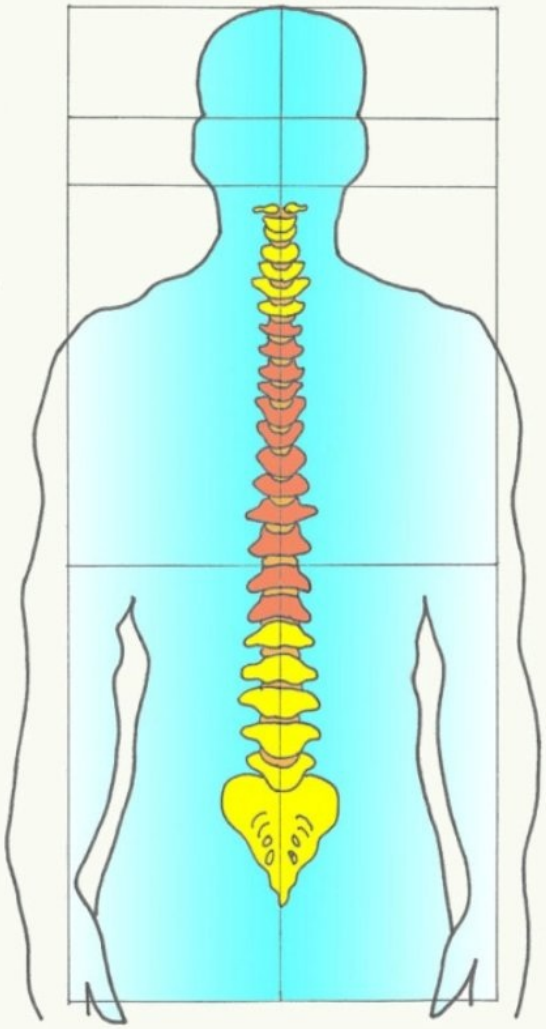
PUPILLARY EDGE

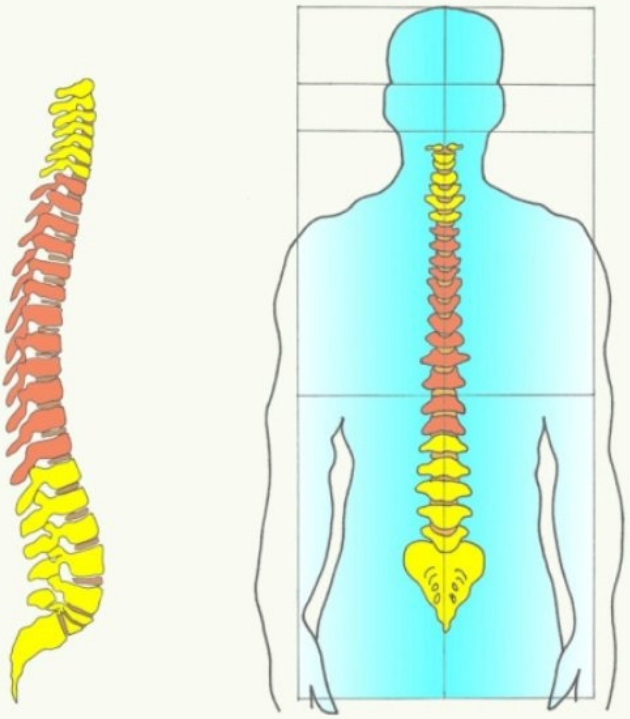
The pupillary edge gathers the projections of the vertebral column. No overlapping found.

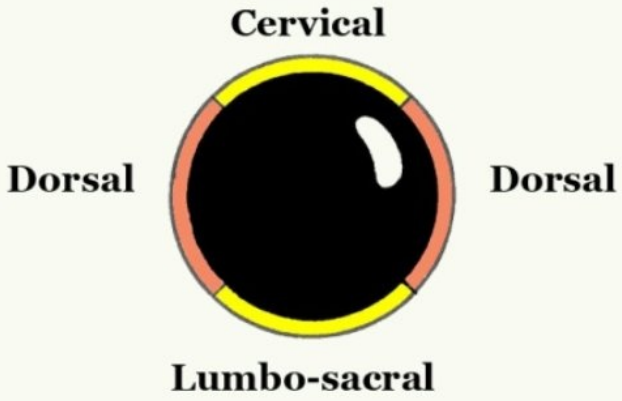

Pupillary edge

Vertebral Column





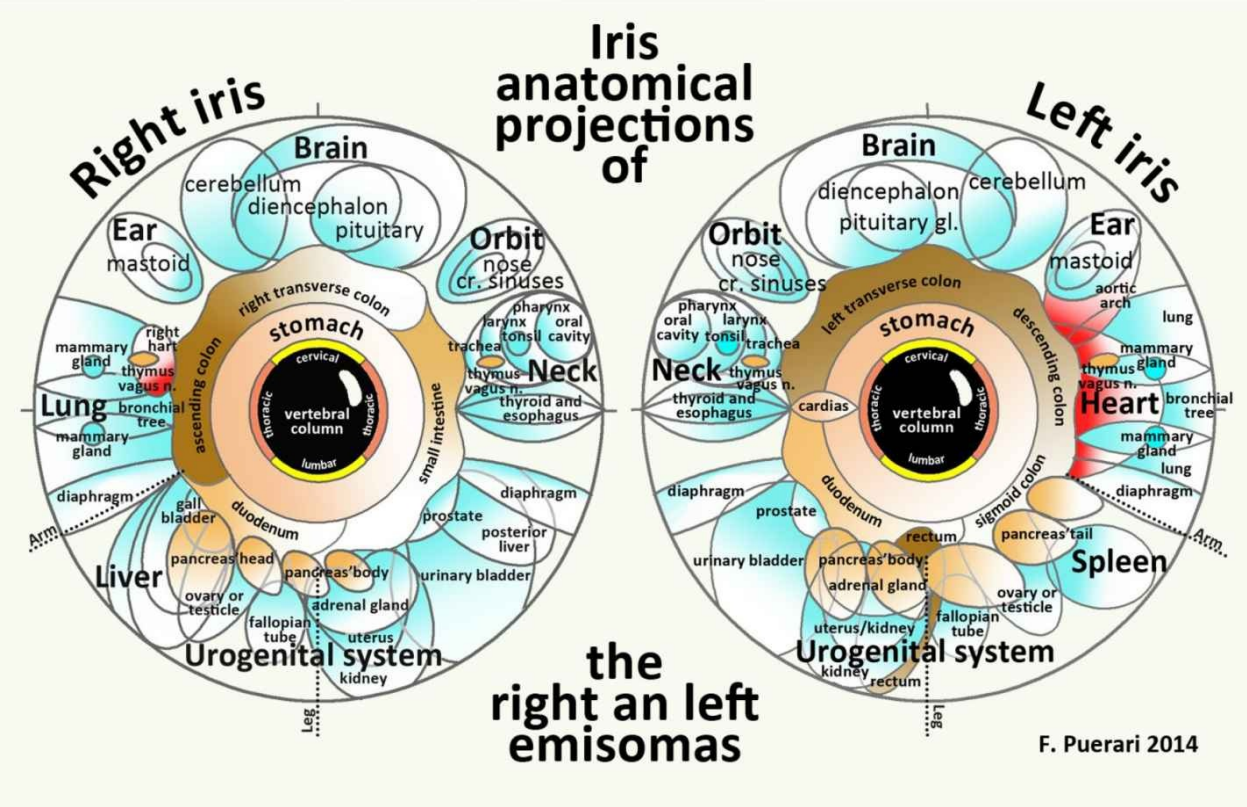


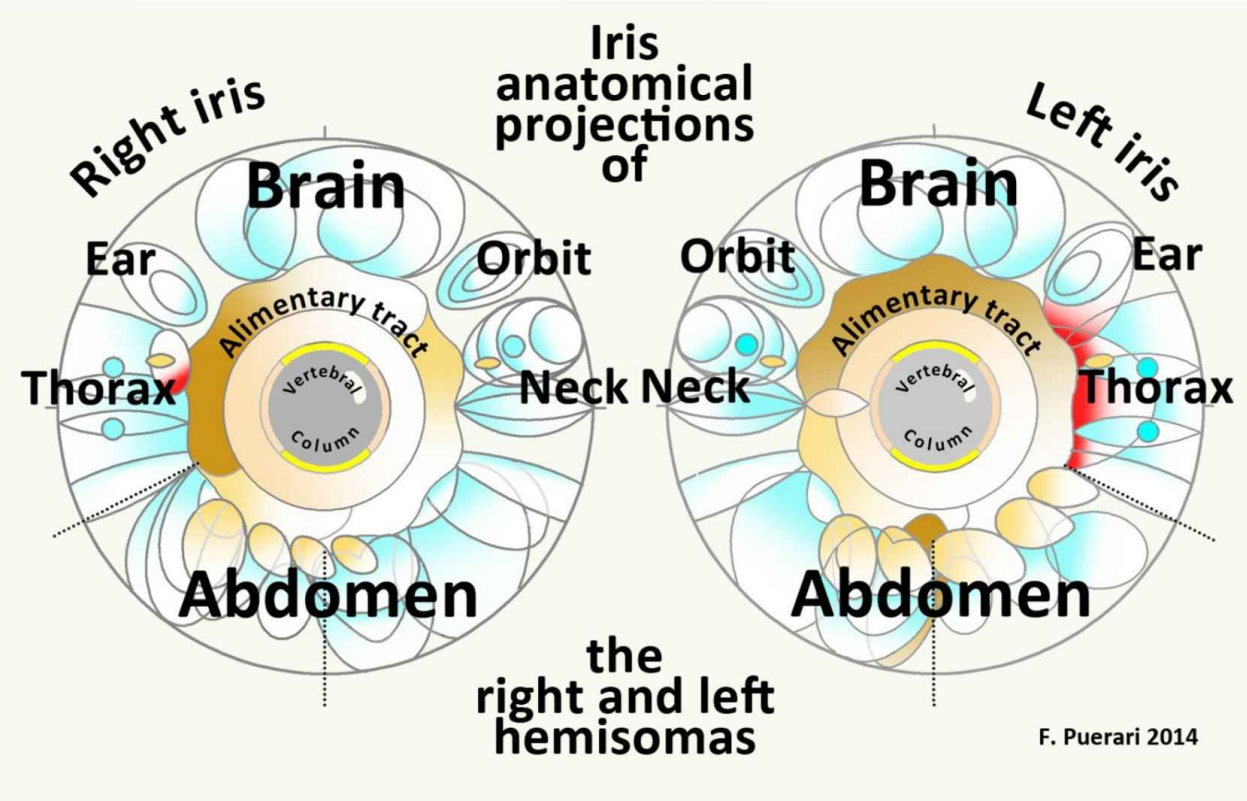


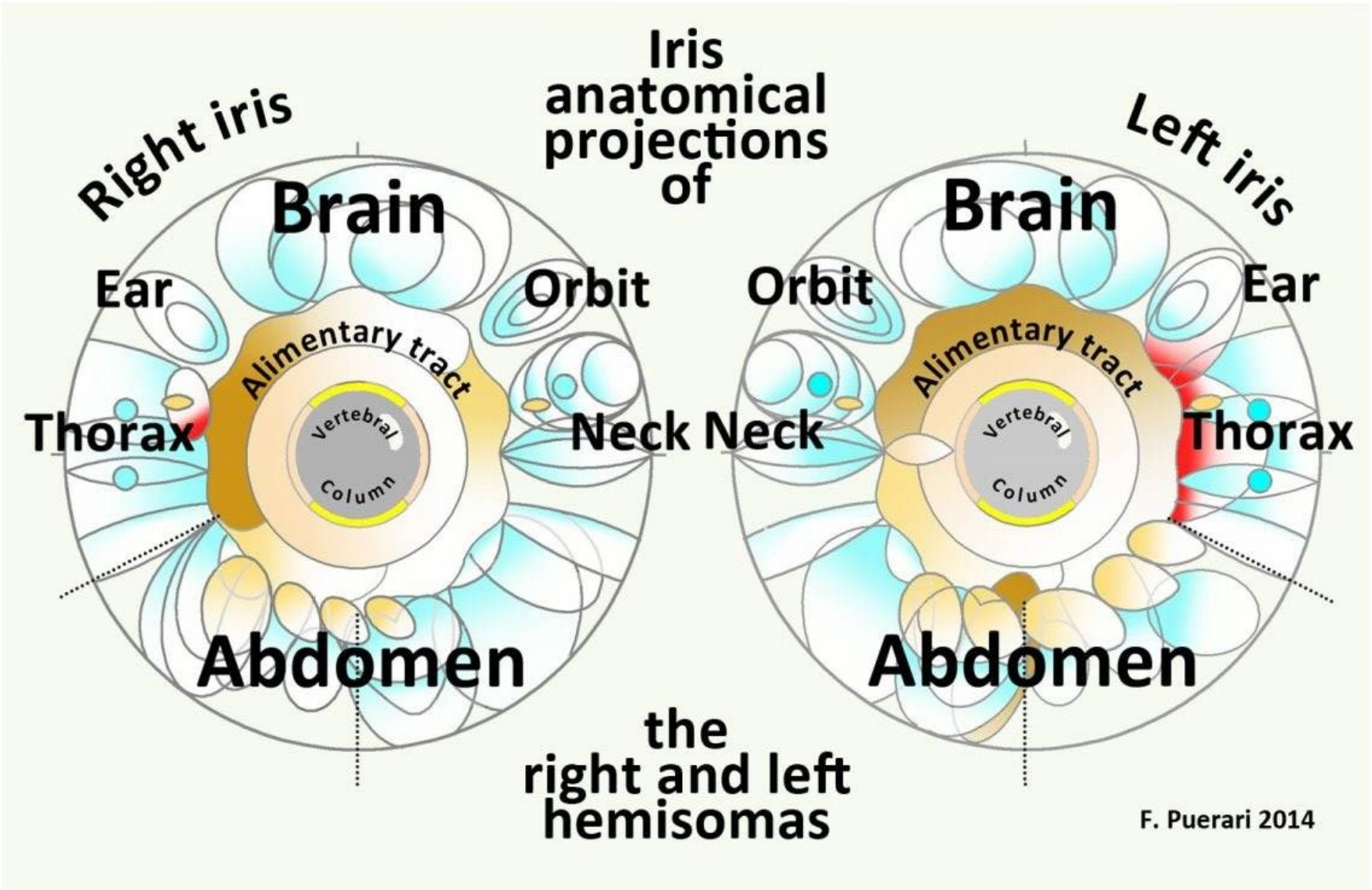
Cervical vertebras	**10:00-02:00 o'clock**
Dorsal vertebras	**02:00-04:00 and 08:00-10:00 o'clock**
Lumbo-sacral vertebras	**04:00-08:00 o'clock**

COMPLETE IRIS MAP

The iris map is a fluid mosaic.
Below is a detailed complete iris map followed by a simplified one.


Iris anatomical projections of the right an left emisomas
Right iris
Brain
cerebellum
diencephalon
pituitary
Ear
mastoid
Orbit
nose
cr. sinuses
right transverse colon
stomach
cervical
thoracic
vertebral column
lumbar
ascending colon
small intestine
pharynx
larynx
oral cavity
tonsil
trachea
Neck
thymus
vagus n.
thyroid and esophagus
mammary gland
right hart
thymus
vagus n.
Lung
bronchial tree
mammary gland
diaphragm
Arm
gall bladder
duodenum
prostate
posterior liver
diaphragm
Liver
pancreas'head
pancreas'body
urinary bladder
ovary or testicle
adrenal gland
fallopian tube
uterus
Urogenital system
kidney
Leg
Left iris
Brain
diencephalon
cerebellum
pituitary gl.
Orbit
nose
cr. sinuses
Ear
mastoid
left transverse colon
descending colon
stomach
cervical
thoracic
vertebral column
lumbar
pharynx
oral cavity
larynx
tonsil
trachea
Neck
thymus
vagus n.
thyroid and esophagus
cardias
aortic arch
lung
mammary gland
thymus
vagus n.
Heart
bronchial tree
mammary gland
lung
diaphragm
Arm
diaphragm
prostate
duodenum
sigmoid colon
rectum
pancreas'tail
Spleen
urinary bladder
pancreas'body
adrenal gland
ovary or testicle
fallopian tube
uterus/kidney
Urogenital system
kidney
rectum
Leg
F. Puerari 2014


Iris
anatomical
projections
of
Right iris
Brain
Ear
Orbit
Alimentary tract
Vertebral
Column
Thorax
Neck
Abdomen
Left iris
Brain
Orbit
Ear
Alimentary tract
Vertebral
Column
Neck
Thorax
Abdomen
the
right and left
hemisomas
F. Puerari 2014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Brain
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Vertebral
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Thorax
Neck
Abdomen
Left iris
Brain
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Alimentary tract
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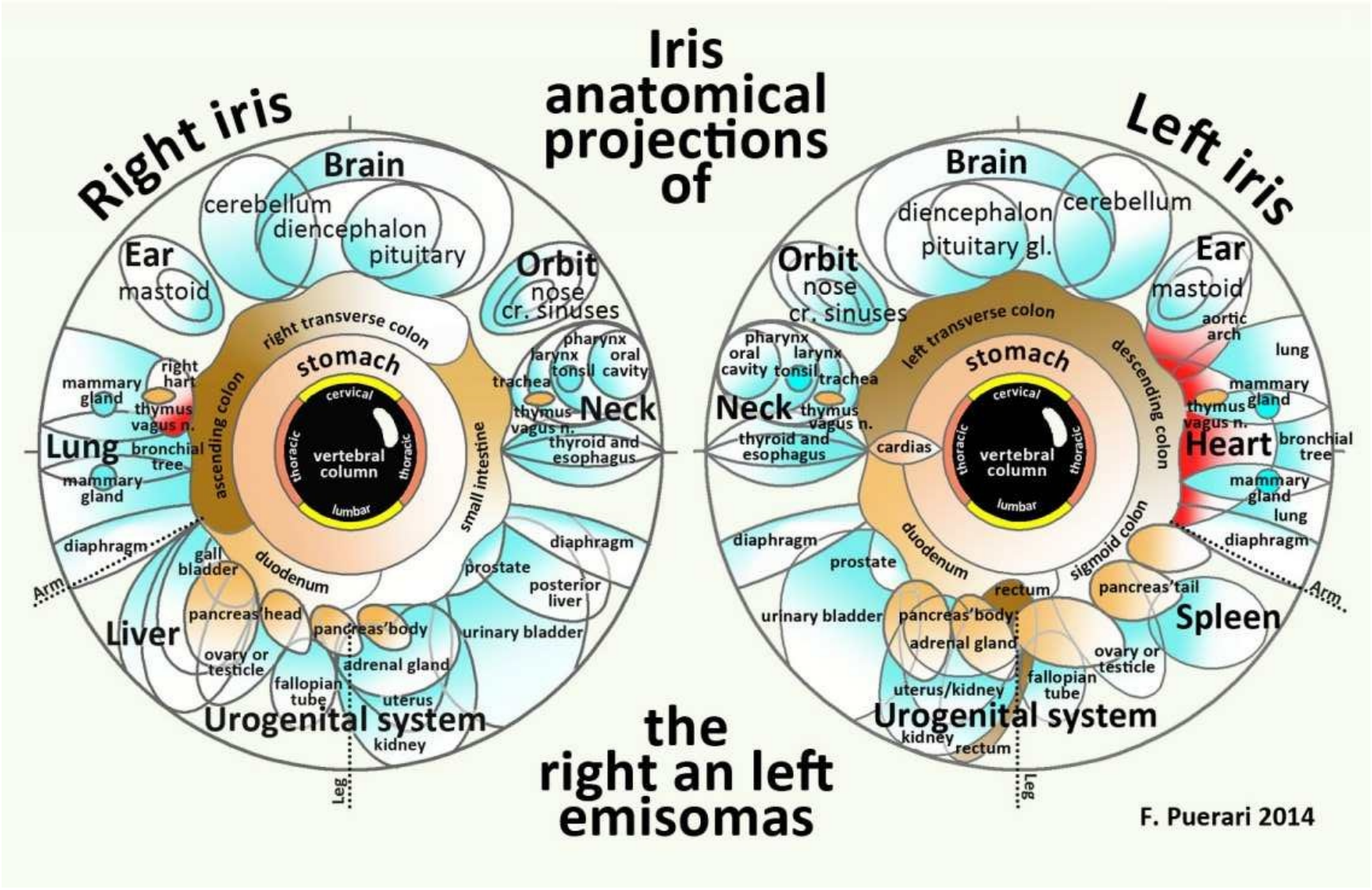
Neck
Thorax
Abdomen
the
right and left
hemisomas
F. Puerari 2014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Lung
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vertebral column
gall bladder
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Liver
ovary or testicle
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prostate
posterior liver
kidney
Urogenital system
left transverse colon
descending colon
cardias
aortic arch
lung
Heart
sigmoid colon
pancreas'tail
Spleen
rectum
uterus/kidney
F. Puerari 2014

APPENDIX

From the previous chapters, it is evident that iris mapping is an important resource though incomplete due to overlappings. For a good interpretation, it is necessary to consider other information resulting from the reading of the iris: markings. The analysis of markings (lacunae, spots, pigments, abnormal fibers etc.) helps distinguishing one projection area from the other.

In case of overlapping, distinctive features and differences between markings enable identification of the interested organ.

Liver. Hepatic markings are generally represented by dark or light brown spots occupying the hepatic area in the right iris. These are often associated with spots of the same colour appearing in other sectors of both irises. The liver zone is sometimes enclosed within swollen white fibers delimiting a triangular area.

Gallbladder. Dark brown spots located quite close to the collarette in the hepatic zone.

Pancreas. Wide lacunae delimited by swollen fibers located across the intestinal ring and reaching the third, fourth and fifth rings of the visceral sector. They are generally of an ochre-orange colour. A diabetic pancreatic condition sometimes manifests itself with orange-ochre spots impregnating the areas adjacent to the autonomic nerve wreath.

Uterus. Single lacunae, double lacunae, indented lacunae in the genital area. Uterogenic pigment, pink pigment in the genital area.

Ovary. Dark pigment in the corresponding projection area or micro pigments spread in all iris areas.

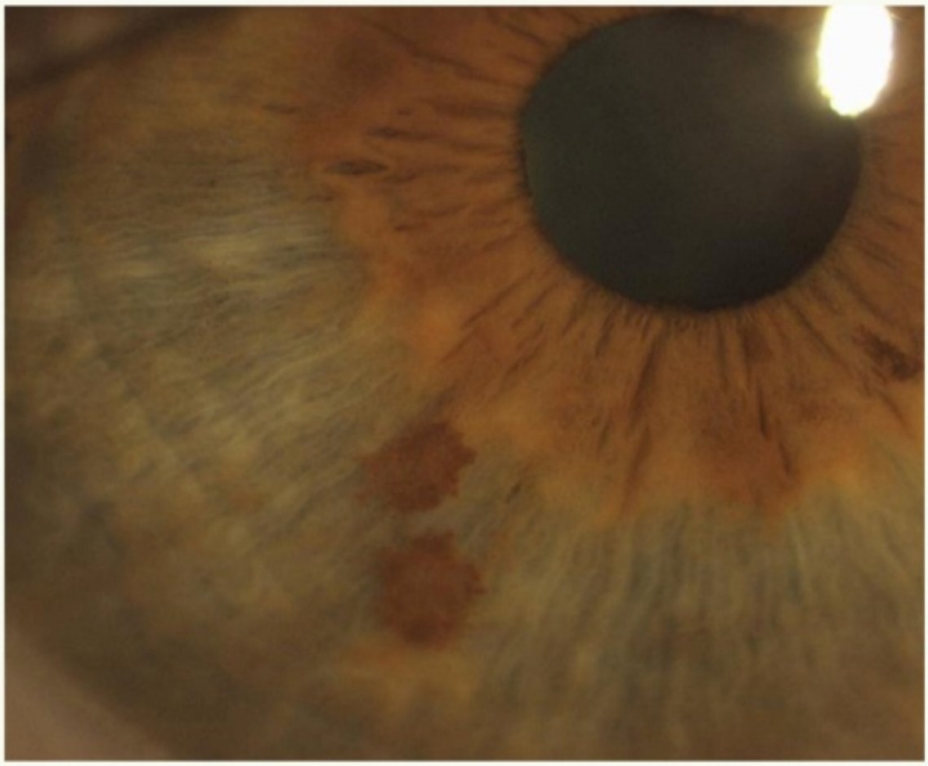
Mitral regurgitation. Small and deep lacunae in the third and forth ring at 02:45-03:15 o'Clock of left iris.

Bronchial asthma. Whitish tophi and lacunae in thorax areas.

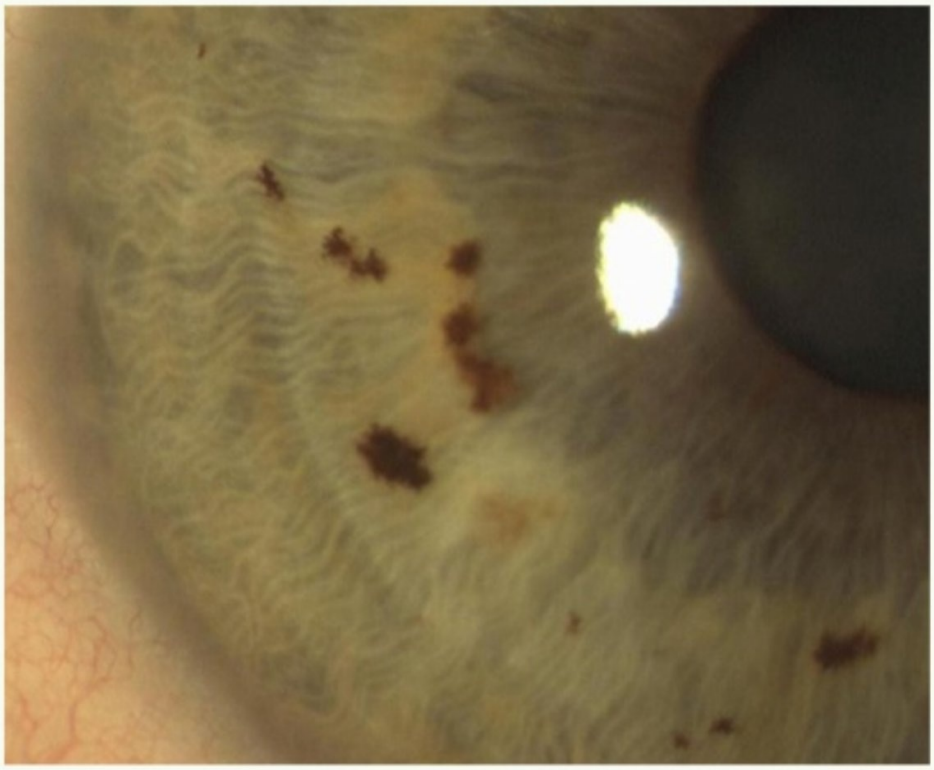
In the medical practice the main information is provided by patient visit, history (anamnesis), laboratory analysis and instrumental data (blood tests, X-rays, CAT scan, ECG, etc.).

In this contest, iris analysis can help a better understanding of the patient's health state and be a complementary resource.

In the following pages some example of the complementary role of iridology in clinical practice: clinical diagnosis by common medical resources (hepatic steatosis, polycystic ovaries, diabetes and gastritis, diabetic renal failure, mitral regurgitation, bronchial asthma) and the corresponding iris markings.

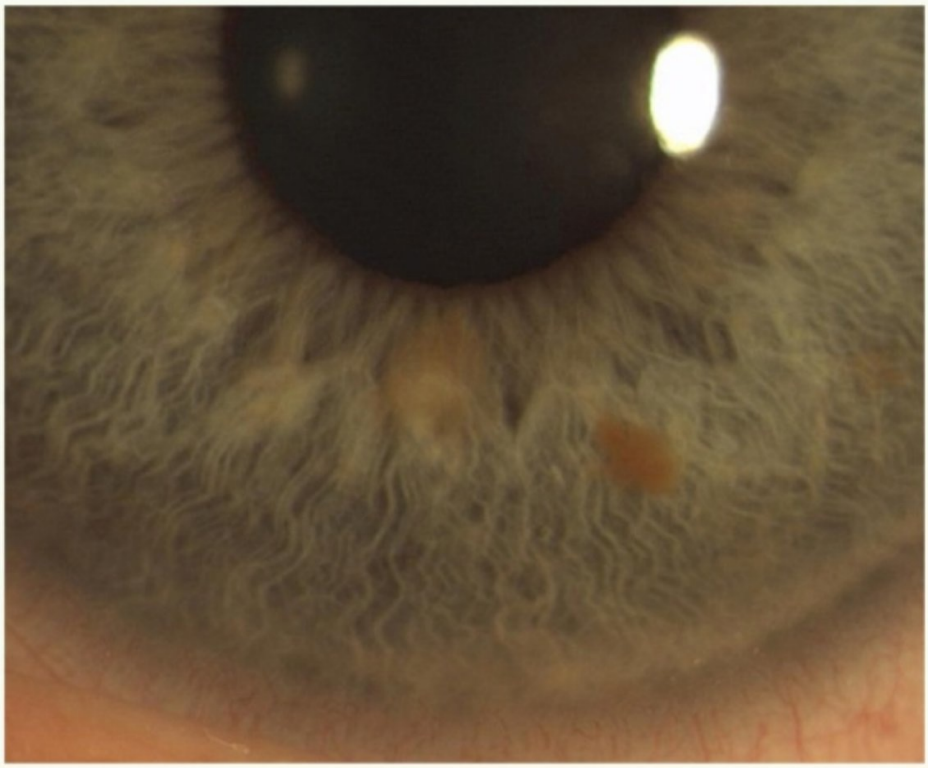


Right Iris. Hepatic steatosis.
Nut brown pigments at 07:30-08:00 o'clock.

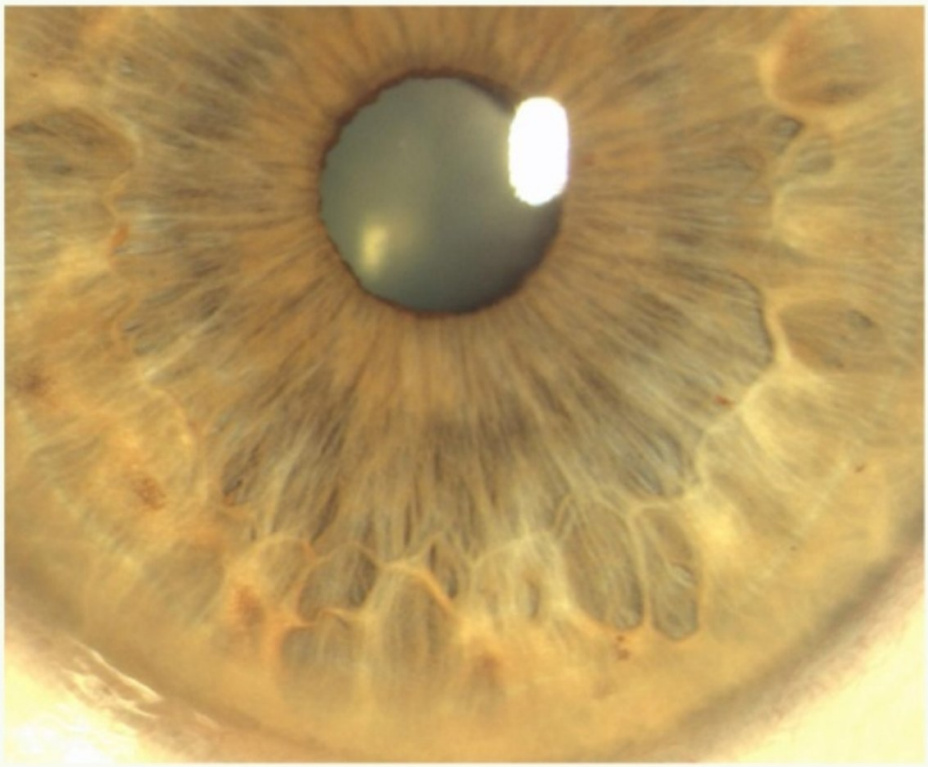


Right Iris. Polycistic ovaries. Dark brown spot in rain pigments from 06:00 to 09:00 o'clock

Right Iris. Diabetes and gastritis. Wide lacunae at 06:00-08:00 o'clock. Noticeable gastric ring.

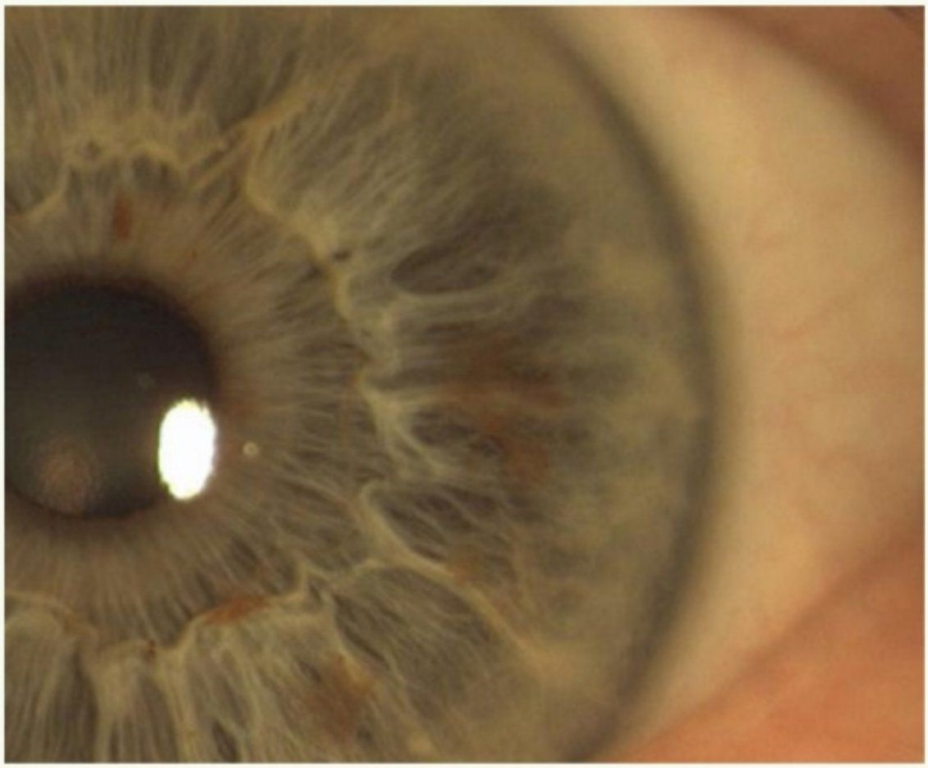


Right Iris. Uterogenic pigment at 05:00 o'clock.



Right Iris. Bright yellow pigments overload.
Diabetic renal failure.

Left Iris. Melted deep lacunae from 02:30 to 03:00 o'clock, third, forth, fifth circular rings. Mitral regurgitation.



**Left Iris. Open lacunae with brown pigment,
bright autonomic nerve edge, whitish tophi
from 02:30 to 04:30 o'clock, third, forth, fifth circular rings.
Bronchial asthma.**

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NEXT

Thanks for your attention.
The next e-book will focus on markings.

Francesco Puerari

2015